

Survival Guide Series Vol. 1

SELF-DEFENSE SURVIVAL GUIDE

***How to
Survive
When You're
Fighting
For Your Life***

***Presented By
Master
Pete Canavan***

**Prepper
Approved!**

Survival Guide Series

SELF-DEFENSE SURVIVAL GUIDE

***How to
Survive
When You're
Fighting
For Your Life***

***Presented By
Master
Pete Canavan***

***prepper
Approved!***

Self-Defense Survival Guide:
***How To Survive When You're Fighting
For Your Life***

*By Master Pete Canavan
Senior Master Instructor, Hapkido Tae Kwon Do Institute
President, North American Hapkido Tae Kwon Do Federation (NAHTF)*

Text and Images © 2014 Peter J. Canavan
All Rights Reserved



Get Instant Access!

Purchasers of this book are eligible to access to a members-only website that contains a video companion to this book. Videos of the techniques found in Chapter 8 are included as are several full-length video trainings on the "Warrior Mindset" (click [here](#) for preview) and the "Altitude of Your Attitude" (click [here](#) for preview). Sign up for free at <http://learnselfdefenseonline.com/wp-login.php?action=register> today, and once you are registered, email the receipt of your purchase to sdsg-receipt@learnselfdefenseonline.com and your membership will be upgraded to full access.



Register Now

If you are unsatisfied with your purchase at any point within 90 days of purchase, simply request a full refund and you will receive a no-questions-asked 100% refund of the price you paid for this book. You are still entitled to free access to our web site as our gift to you and the bonus material contained within.



Legal Disclaimer:

The materials presented in this *Self-Defense Survival Guide* book, associated website and videos are for informational purposes only. It is your personal responsibility that you consult your physician before participating in any physical activity, especially one that involves dangerous and potentially lethal techniques. You should be aware that if you engage in martial arts or self-defense training that you are doing so entirely at your own risk. The author, the *Hapkido Tae Kwon Do Institute*, the *North American Hapkido Tae Kwon Do Federation* and all associated masters, instructors and students stress that you must be aware of these risks.

All materials are copyrighted by the author, Peter J. Canavan. This copyright is protected by Federal and International Laws and any use or misuse of information contained within this book, pictures, videos, website or other area will result in an FBI or INTERPOL investigation. Any person(s) found to have used or misused any trademarks, images, videos, information or similar without the written consent of the author is strictly prohibited. Any persons found to breach this copyright will be the subject of prosecution to the fullest extent of the law for both civil and criminal charges under the laws of the state of Pennsylvania, USA.

By reading and watching the information contained within, the reader/viewer does so entirely at their own risk and this includes any past, present or future physical, emotional or psychological pain and/or injury that you may incur as a result of executing any and all techniques described herein.

You agree in full that Master Peter J. Canavan as well as all masters, instructors and students of the *Hapkido Tae Kwon Do Institute*, the *North American Hapkido Tae Kwon Do Federation*, "LearnSelfDefenseOnline.com", photo and video production companies, web site development companies, publishing companies, participants, advertisers, heirs, as well as anyone associated in any way with the materials presented cannot assume any responsibility or liability for any injuries or losses that you may incur as a result of acting upon any information provided and are completely released from now until the end of time of any liability whatsoever by or to you, the reader, viewer, customer, purchaser or any other person as a result of engaging in the study and performing of the techniques contained within. All information is provided "as is" without express or implied warranty.

It is also agreed that you are of legal age within your country, state, province or other location and able to purchase and view these materials. You also agree that self-defense and martial arts techniques are not a game nor are they a sport and are not to be used except when presented with a situation in which you or your immediate family or friends are under imminent threat. *These techniques are only to be used to protect your life or the life of another from being seriously injured or killed.*

You agree to completely release all entities associated with the creation and distribution of this material from any claims whatsoever from now until the end of time. If you do not understand this legal notice and disclaimer releasing these parties, then you agree not to read any further.

Should you have any questions concerning this disclaimer, feel free to contact the author directly at masterpete@htkdi.com. If you file or participate in a civil or class action lawsuit, you agree to pay all legal fees in full including any other lawsuits directed against you or any other party.

It is recommended that you seek out the professional guidance of a competent, certified adult martial arts instructor for assistance in learning and becoming proficient in the techniques that are detailed in this material.

Thank you for your understanding and cooperation! It is my sincere hope that you never find yourself in a situation whereby the following techniques become necessary. Now let's get to it!

-Master Pete

Table of Contents

[Chapter 1: Introduction](#)

[Chapter 2: Preparedness Discussion and Background](#)

[Chapter 3: Physical Situations: Positions of Strength Vs. Weakness](#)

[Chapter 4: The Warrior Mindset](#)

[Chapter 5: Your Body's Natural Arsenal](#)

[Chapter 6: Ways of Defending Yourself](#)

[-Blocks](#)

[-Strikes](#)

[-Kicks](#)

[-Trips](#)

[-Pressure Points](#)

[-Joint Manipulation](#)

[Chapter 7: Targets](#)

[Chapter 8: Types of Attacks](#)

[-Part 1: Frontal Attacks](#)

[-Part 2: Rear Attacks](#)

[-Part 3: Ground Attacks](#)

[Chapter 9: Prevention and Post-Altercation](#)

[Chapter 10: Bonuses](#)

[-The 5 Steps To Survive](#)

[-Your Secret Strengths](#)

[-The 4 Types of Attacker](#)

[-Miscellaneous Points to remember](#)

[-Self-Defense Tips for Women](#)

[Appendix A: Anatomical Body Chart](#)

[Appendix B: Pressure Point Chart](#)

[Appendix C: Anti-Burglary Tips](#)

[Conclusion](#)

I applaud each and every one of you who chose to get this valuable guide to learn how to protect yourself and to be proactive about increasing your chances of surviving a threatening situation with potentially desperate individuals or groups of people. You will also learn in this guide how to use your most effective weapon – your mind. *It is your greatest asset, but it can also be your greatest liability if you do not train it to deal with the stress of a survival situation.* If your mind shuts down, so does your body and your ability to defend yourself and effectively put your plan into action. You must have a plan and know what you would do if a major “event” were to occur locally, regionally or globally and cause widespread upheaval, panic and unrest. Ask yourself right now – what would you do if something happened to you right now at this very moment that turned your life upside down and caused you to have to leave your home and maybe defend yourself? Do you have an answer? If not, this book is for you.

In this guide you will learn survival self-defense including:

- Concerns you may have to your well-being
- Awareness of people and situations around you
- Potential environmental problems that can arise
- Situations you may find yourself in
- How to develop the "Warrior Mindset"
- Natural weapons at your disposal
- Hand Strikes
- Kicking Strikes
- Throws and Trips
- Escapes
- Defensive and Offensive techniques
- Vital Points / Targets to hit on your attacker
- Types of Attacks you may face
- Best methods for preventing conflict
- Mindset Development
- Post-Altercation Resources
- Bonus material!

In addition to this book, I am including access to a private web site where you can watch videos of many of the techniques that are outlined and described in this book. It's like having your own private instructor with you!

I hope that a self-defense scenario never has to play out for you, but the grim reality is that at some point you may be faced with a desperate person or persons doing desperate things to survive. You need to be able to protect yourself and your loved ones should that day arrive.

So let me ask - what is that worth to you? How much would you be willing to spend in order to respond to the cries of someone you love who is being attacked as you watch, helpless from the ground as you slip into unconsciousness. If you were out today and were attacked, frozen in fear and unable to do react, would you be able to live with yourself, knowing that the knowledge and skills you needed were offered to you, yet you didn't act when you had to opportunity?

I think you would agree that you cannot put a price on a life, no matter what life, and no matter what price.

A human life is irreplaceable.

This guide is full of techniques and interactive exercises that I strongly recommend you complete as you get to them. That way, once you have finished the guide, you will have your own personal self-defense preparedness guide that has been customized by you according to your unique concerns and specific situation. Please also make use of the other valuable material I have included in the various Appendices and Bonus section.

The time to prepare is *before* the need arises so that you can be confident knowing that you have what you need to keep yourself and those you love out of harm's way. For less than the cost of a single self-defense seminar you have here what you need to survive the unthinkable.

Good Luck!

A handwritten signature in black ink, reading "Master Peter J. Canavan". The signature is fluid and cursive, with the first name "Peter" being more prominent.

Master Peter J. Canavan

Senior Master Instructor, *Hapkido Tae Kwon Do Institute*

President, *North American Hapkido Tae Kwon Do Federation*

Chapter 1:

An Introduction to Your Personal Self-Defense Survival Guide

What you now hold in your hands is the answer to surviving a potentially deadly confrontation. I don't make that statement lightly, especially when you look at the increasingly unstable and violent world around you. When we see violence on the news in other parts of the country or in other parts of the world, it is easy to distance ourselves from them and have a sense of denial as many falsely believe that it won't happen to us.

But what if it does?

What if one day when you least expect it, violence erupts near you – either to you or to a family member. What would you do? Would you freeze or leap into action?

Without properly preparing yourself, the vast majority of people will fail to act, watching helplessly as the violence unfolds in front of them. On the street, it is you against them. Your heart races, your breathing becomes fast and shallow, time slows down, tunnel vision sets in, your hands begin to sweat and you realize at that moment you are in a life or death situation. With proper training and preparation, you can act decisively and without regret and emerge the victor, not the victim.

This guide is about self-defense for survival. It is not about fancy moves or unproven techniques; it is about effective and simple techniques that work in the real world. You will not find them in martial arts sparring matches, nor in MMA or UFC fights because they are not allowed. This guide is designed with the average person in mind – someone with no self-defense training who may find themselves in a situation that they need to survive from without spending years on martial arts training and thousands of dollars on tuition fees. This guide was written for you, but if you do have some martial arts or self-defense training, it will be a valuable addition to your training. The *Self-Defense Survival Guide* was written because of a growing need for basic, yet effective self-defense training that could be acquired quickly without the need to learn complicated moves. It is your right and responsibility to be able to protect yourself and your family. This book was written for one purpose – to enable you to gain the knowledge and the skills necessary to survive an encounter with one or more attackers intent on causing you and/or your family harm as quickly and efficiently as possible.

You see, criminals have a big advantage over you. They most likely have prior experience fighting and in hand-to-hand combat that most people don't have unless they were in the military or involved in martial arts. Criminals are criminals all the time. Therefore, you must be prepared to absolutely destroy your attacker, and that begins with the mindset you must have. You will learn about the warrior mindset, and discover what you need to do in order to gain it in order to survive any encounter. *With the purchase of this book, I am also including access to a recorded webinar training I conducted on how to obtain the Warrior Mindset.*

What you will learn in this guide are moves that are designed to work...and that means they may cripple, maim or even kill your attacker.

Remember, there are NO RULES on the street. Are you ready for that?

Most people think they are, but even experienced police officers and those in the military are sometimes not prepared mentally for that potential outcome. If you are not

prepared, you will hesitate when you need to act, and that hesitation may be what causes you to lose the encounter.

You must learn how to prepare yourself mentally for the unthinkable BEFORE it happens just as much as your physical preparation. You need to ask yourself what you would do if confronted, or if you were to witness a brutal crime unfolding before you to someone you care about. Could you do what needs to be done to end the threat, no matter what the cost?

Ask BEFORE the need arises – have the answer BEFORE you need it. Do that, and you will not hesitate when faced with a threat. This is something that many police officers and law enforcement personnel do not even do.

Remember the slightest hesitation could be the difference between success and failure...and failure is not an option when your life is on the line!

Chapter 2:

Preparedness Discussion & Background

There are as many reasons to prepare for a given situation as there are people on this planet. Each individual has their own concerns in their daily lives. One of the first things you need to do is to identify your own valid concerns so that you are aware of the threats you may face. Some are going to be global concerns that may affect you at some point and should be identified so you can react if and when the time comes. Others are going to pertain specifically to your individual situation and those locations where you spend most of your time each day.

Part 1: *Defining Your Concerns*

There are two different types of concerns with regard to your individual situation – local concerns and global concerns.

How about local concerns such as natural environmental threats? Specifically there are problems which may arise from earthquakes, hurricanes, volcanoes, floods, snow storms, and other weather extremes that may affect you locally. A major event could cause significant damage to infrastructure, farming, transportation and more. We cannot control nature; if a major event is going to happen, there is nothing we can do to stop it. However, we can prepare for it. A spill from a truck or train could cause an evacuation – do you live near a major highway or railroad tracks? Remember, you need to begin by asking yourself the right questions!

Global concerns would affect each and every one of us and may require you to defend yourself such as in the event of mass chaos that erupts out of economic collapse brought on by the decline of the dollar. Overnight our money would lose most if not all of its value, causing long-term chaos on a scale not seen in modern times.

Other global concerns that can affect not only the US but the entire world could be large-scale damage to the US electrical grid due to either an act of terrorism, a large coronal mass ejection (CME) or solar flare. Even a high-altitude nuclear detonation by a rogue nation over US soil could cause an electro-magnetic pulse (EMP) that would damage our electrical grid in permanent ways. Massive damage to the grid would essentially throw any affected areas back 150 years.

We live in a technologically advanced society that has come to rely heavily on electricity for just about everything including cooking, cleaning, bathing, communications and transportation. Any disruption lasting more than a few weeks would have catastrophic consequences for anyone in affected areas. Looting, crime and lawlessness would not be far behind such an event. These would put your life and the lives of your loved ones in peril.

Question Series #1: What are your specific concerns? What are you most worried about?

Write down the answers to these questions here. There may be some you haven't thought about such as a few of the scenarios I have outlined above. Consult with your local emergency management agency and the Red Cross about the likelihood of different emergencies that could occur in your local area or the areas you travel to frequently. Voice your concerns and discuss them with your family and friends. The more support you have, the better it will be for everyone. Don't try to do it all on your own! Once you have your concerns and most likely potential scenarios identified, share them with your spouse, kids, parents, etc. Remember – you're all in this together!

Part 2: Awareness

As I mentioned in Part 1, you must know what threats you may have to face. Being aware of those threats by educating yourself is the first step, and here is where awareness comes in.

One of the best ways to avoid a bad situation is simple awareness. *Being aware at all times of your environment, your surroundings and those nearby can go a long way to avoiding a confrontation.* Notice people and what they are doing, how they are acting, how they are dressed, etc. Don't have your face buried in your cell phone checking texts as you walk to your car in a dimly lit parking lot leaving work late one day! Be aware!

If you notice a person wearing a long trench coat on a 90 degree hot summer day, that should be something you would notice as being out of the ordinary. Seeing someone who appears nervous, looking constantly from side to side, continuously patting a pocket to make sure "something" is there, or acting in a manner that you would otherwise consider to be strange should deserve additional attention. Again, simply being aware of what is going on around you and who is around you can help you be prepared in case your suspicions are justified! If something looks "out of place" be sure to give it additional attention – don't ignore it as just being "weird!"

We are all caught up in our busy lives, distracted by electronic devices of every size and shape designed to make us more productive, more in-touch and more informed. The problem is that we may fail to see someone near us acting strange and inching closer and closer...you better notice before it is too late!

We are becoming so dependent on our technology for everything that we are losing touch with our human side that is perceptive and does notice the little things. Don't allow yourself to get complacent and be oblivious to what is going on around you – both in your immediate vicinity as well as on the world stage. *It is your duty and your responsibility to stay informed.* Know what events are taking place around the globe that could impact how you live your life. These could be social, environmental or economic to name a few. As I write this, the Ebola threat has just begun to surface in the news...who knows where that will go? My point is that every day there is something that you haven't thought of...I don't know about you, but when was the last time you thought about Ebola?!

Many times we feel that unless we have to deal with it *right now*, we can't be bothered. I'm here to tell you that you better be aware of what is going on around you - in your home, on your street, in your town, in your state, in your country and in your world...otherwise you will be caught unaware, and by then it will be too late to do anything about it. Don't be stuck unprepared!

Chapter 3:

Physical Situations:

Positions of Strength vs. Weakness

You have identified your concerns in Part 1, and you have improved your awareness of them in Part 2. Now the question becomes "What possible situations could you find yourself in whereby you need to defend yourself or those you are with?"

By situations, we are referring now to the specific physical position you may find yourself in based on the concerns you identified earlier such as walking to your car late at night. They are:

- Standing – in an open or enclosed area
- Sitting – an open chair or enclosed seating such as behind a desk or at a table
- Walking / Running – outside or inside
- Laying / Sleeping – at home in bed or away in a hotel; knocked to the ground, etc.
- Driving – as a driver or passenger

There could be a few others, but most will fall into one of these five physical situations. Each has their own unique challenges, advantages and disadvantages as they pertain to self-defense. We will briefly define them one at a time.

Standing - Upright physical situations or positions usually represent the best to be in if you are attacked or need to escape quickly. You have the advantage of being balanced, on your feet and able to readily move should you need to get out of the way of a person or object directed towards you. If you are in an open area, it is the best at allowing you to escape by running away. *(Note: run away in a zig-zag pattern if being shot at or if other projectiles are being thrown or fired in your direction; this will make you a tougher target to hit!)*

If you are in an enclosed area such as inside a building like a store, restaurant or bank for example, hopefully your awareness training has enabled you to scope out your environment and determine where the nearest doors and windows are in the event that you need to make a hasty exit. If you are in an unfamiliar enclosed area, at least know the direction you came in from so you can retrace your steps if necessary.

Sitting – Any time you are off your feet represents a disadvantage if you need to defend yourself or quickly escape. This is especially true if you are seated at a desk and cannot get up without pushing your chair back. You may become trapped if approached from behind and forced to remain seated with no way of getting up. In this case, you will have to try to distract your attacker before you attempt to get up and escape.

If you are seated on a couch or other open seat and there is nothing obstructing you from standing up, this is a more advantageous position for attempting to defend or escape. There are some advantages to being off your feet. First, the advantage of sitting is that your attacker will have to come down to you if they are on their feet. This means that you can use your legs to keep them away from you by kicking at them. If they are also seated, the odds are at least the same that you can get up and away faster than your attacker. You can also use your legs against your attacker if they are seated as well, but this would depend on their proximity to you. If they are seated directly next to you, kicking them will not work...but striking them with an elbow to the stomach or a knife hand to the throat or groin might! In all cases, try to get to your feet

as quickly as you can and get as much distance between you and your attacker as possible.

Walking / Running – If you're out for a walk or a jog, you're already mobile and moving, but you might be tired and there is a good possibility you are alone. You also may be relatively far away from your home. That makes you an easy target for someone intent on robbing you or doing you harm. Again, awareness plays a crucial role here. If you are listening too loudly to your favorite songs on your phone or MP3 player, then you won't necessarily hear that car that is quietly approaching, or that gang of thugs making a commotion around the next corner.

Part of successful situational awareness is being able to involve as many senses as possible – see, hear, smell, feel, and taste. You might get a bad feeling that makes the hairs on the back of our neck stand up for some odd reason when a stranger approaches you - don't ignore it!

Sometimes we don't know why something doesn't feel right, just that it doesn't! Don't ignore that “bad” feeling in the pit of your stomach – remove yourself from the situation immediately and live to laugh about it later...when you're safe!

Laying / Sleeping – The worst possible situation you could be in would have to be when you are asleep. You are oblivious to what is happening around you for the most part (unless you are a VERY light sleeper) and may have some lucid dreams dancing around in your head. You probably didn't hear that back door get forced open, and since you forgot to put the alarm on last night, no alarm is going off...but an intruder is making their way to your open bedroom door...what can you do?

It always goes back to awareness. If you have an alarm, SET IT! If you have a dog, will they bark at a stranger or weird noises? If not, dog training may be of potential help to you. No alarm and no dog? How about deadbolts that lock with a key and cannot be accessed by breaking a window? What about a door security bar or door stop alarm? How about window alarms on the first floor that activate when the window is opened? There are many inexpensive solutions that can increase the security of your home - make use of them.

For every situation there are a ton of questions that you need to be asking yourself BEFORE a situation occurs! Take the time now to address your concerns so that you are prepared and proactive when faced with a threat to your well-being and the security of your home and family.

If you are just lying down and relaxing, a potential intruder would have an easy time exerting their will on you in your compromised state. You may be half-asleep, not fully aware of what is happening. Even if you are fully awake and lying down you will have a tough time getting quickly to your feet to address the situation. In this case, you may want to keep some sort of defensive weapon near your bed or La-Z-Boy recliner. It could be a handgun in a safe on your night table, but an expandable baton, baseball bat, knife or some sort of stick or club all could be utilized to help you even the odds if you are attacked while lying down or sleeping. The key is having it nearby.

Should you be attacked and find yourself knocked to the ground, you will be either face up or face down. Both represent a compromised position that you must do everything in your power to change. There are specific escapes and defenses for each that are addressed in the techniques section in Chapter 8, Part 3.

Driving – We spend a huge amount of our time each day driving...to work, to lunch, the bank, the store, back home, out to the kid's sports practice, out to dinner, dropping the kids at the movies or their friends' houses – the list goes on and on. Yet, how

many people ever stop to think about what they would do if they were attacked in their car sitting at a red light or at a stop sign? How about pulling into or out of a parking lot? Car theft is a huge problem no matter where you live – just because you are in your car doesn't mean it can't be taken from you! Car-jackings are a common occurrence and could happen to you any day as you drive to your next destination. With the amount of driving most of us do, this represents a large amount of our time each day.

Question Series #2: Where can problems arise? Do you spend a lot of time at home alone? Do you work late at work and are sometimes the last to leave and lock up or the first to arrive and open the door? Do you spend a lot of time in your vehicle? Are you a realtor that shows properties to strangers in remote locations? Are you in a service-based business where you travel to unfamiliar locations frequently and enter buildings or homes you are unfamiliar with?

Spend some time reviewing the locations and physical situations that you often find yourself in and identify where you could be attacked or need to defend yourself. Also spend time identifying escape routes from those locations that would allow you to potentially remove yourself from the situation as safely and rapidly as possible. *Again, the time to do this is before you need to - be prepared!*

Chapter 4:

The Warrior Mindset

Part 1: *What is the Warrior Mindset?*

Too many people are indoctrinated into thinking that they are unable to make a difference, or worse, that any attempt to overcome obstacles is futile so they simply give up without even trying. The world is full of “sheeple” - those who are docile and follow the pack without thinking. They believe what they are told and no longer think for themselves. They have reached the point of complacency and apathy and are unable, or at least unwilling to do what they must in order to make a change or difference in their situation or their lives.

Having the proper mindset is an absolutely critical component in any survival situation. It is often the main difference between being a victim or the victor in a confrontation. There is a big difference between being a fighter and a warrior. The fighter is willing to follow orders and the rules up until the point when they don't. They are not fully committed.

The warrior is willing to commit to their decision no matter what the outcome, even if it means they may be wounded or even killed in the process.

As an example of this sort of commitment, most parents would be willing to lay down their life for their child in order to save them without a second thought. That is total commitment.

Warriors have the same mindset; they are willing to do whatever it takes in order to win any fight, and you must also develop the same mindset as it applies to any dangerous situation you may find yourself in. You must ask yourself the tough questions before a situation arises. This also means that you must be willing to do whatever is necessary to overcome any obstacle that gets in your way. You must find a way through it, over it, around it or under it...but you simply **MUST** find a way **PAST** it no matter what! That is the warrior mindset.

A warrior has traits we must exemplify if we want to achieve our goals. These include but are not limited to the following:

Courageous	Persistent	Fearless	Focused
Determined	Patient	Innovative	Motivated
Disciplined	Balanced	Strong	Educated

Many of these traits are essential for success in all areas of your life, and are even *more* important if we want to succeed when the going gets tough, in both our personal and professional lives. As a Warrior you must be able to formulate a sort of mental discipline that enables you to face any challenge with grace and strength. You must also work to find a balance between being passive and aggressive in order to harness the power of the Warrior effectively and apply it to the situation at hand. This can be a fine line, but it enables the warrior to succeed where others fail.

Throughout our lives we face countless hurdles and obstacles that stand in our way. In every instance, we have a choice to make; we can turn back when we face the obstacle, or we can focus and commit to overcoming the obstacle. This difference is the Warrior Mindset.

In this guide we are applying the Warrior Mindset specifically to a Self-Defense Survival Guide scenario, but these skills can be used in all areas of your life including:

- at home when dealing with your spouse and children (Patience, Control and Harmony)
- in dealing with your boss and co-workers in your job (Respect, Innovation, Motivation and Fortitude)
- when interacting with sales prospects and team members (Courage, Discipline, Teamwork and Focus)

Remember: *Your MIND is the most powerful force in the universe!*

Part 2: Warrior Mind-Strengthening Exercises and Concepts

The first thing you must do is force yourself to make some “quiet time” for your mind to allow it to focus and visualize those things that you wish to do or say or be. Just 10 or 20 minutes a day can bring about massive results.

In order to know what our desired outcome is, we must have written goals and specific actions we need to take in order to achieve the outcomes we desire. If our goals are not specific enough, we will have a hard time, if not an impossible time, achieving that goal. Writing makes it real.

The mind of the Warrior should be clear and able to perceive their surroundings without distraction. *It must be relaxed, yet alert; determined, yet unconcerned.* This is the goal of the Warrior, and it must be your goal as well. Don't get bogged down in details, remember – ready, shoot, aim! Inaction is death – you must get into action, and massive action if you want to achieve massive results!

The mind of the Warrior is different from even regular “soldiers” or “fighters”. A true Warrior is free from all worldly attachments and can easily “let go.” If you are familiar with the Law of Attraction and The Secret, you should be familiar with this. If not, watch my training on the Law of Attraction online. The link to my webinar on this topic is located online at the companion web site, <http://LearnSelfDefenseOnline.com>.

Warriors know that all worldly possessions are only temporary (of course, that doesn't make them unnecessary), but it does something liberating to the Warrior. You see, when we are attached to something, guess what? We also have a FEAR OF LOSS associated with it, which is definitely NOT what the Warrior wants. *When we remove fear, it allows our minds to think clearly through chaos.*

A true warrior is *compassionate* and *mindful* of others at all times. They help others, and never seek to harm anyone – just as a leader in any business or organization should do. That said, when the time comes to survive a potentially deadly confrontation, we must step up and deal with the threat until it is eliminated or is no longer a threat. *Once the threat has been neutralized, you must be able to step away; excessive force that is applied after a threat is neutralized is neither honorable nor compassionate.*

Part 3: 6 Steps for Tapping Into Your Warrior Mind

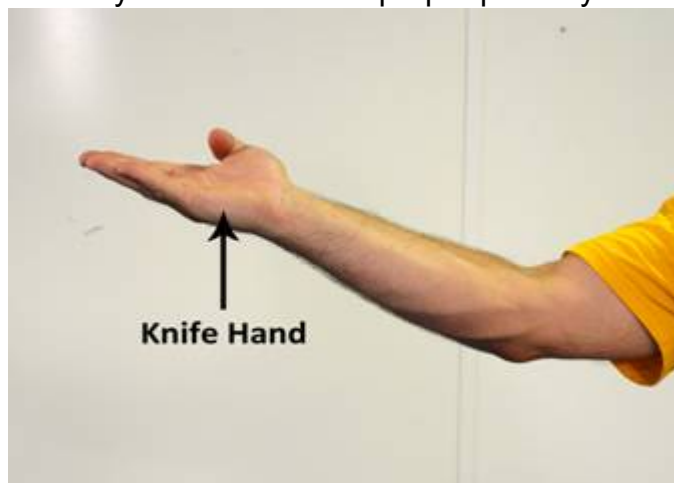
1. Attentive Curiosity – calmly observe what is going on in your present situation including all hidden as well as obvious aspects – observe people, places and things
2. Undulation – this is flowing mental energy that allows you to be creative and resourceful in order to formulate solutions to your current “problem” - play the “what if” scenarios over in your head
3. Clear Intent – this is a must, for you have to know *exactly* what you want to achieve if you expect to have any hopes of victory – tell yourself, “When _____ happens, then I will _____”. *Be specific!*
4. Grappling – no, not wrestling – but in combat, your mental state needs to be trained to take on any situation with which you are faced and grapple with it until you emerge victorious; be committed!
5. Rhythm – just like the rolling waves of the ocean which flow in and out, so must you also take action, assess that action, and then take action again. You must be in a constant state of action and adjust until the threat is neutralized.
6. Be a Whirlwind – be an onslaught of energy that involves you pulling out all the stops to win the battle no matter what – *the Warrior does not quit!*

Chapter 5: *Your Body's Natural Arsenal*

Part 1: Weapons and contact surfaces of the hand and arms

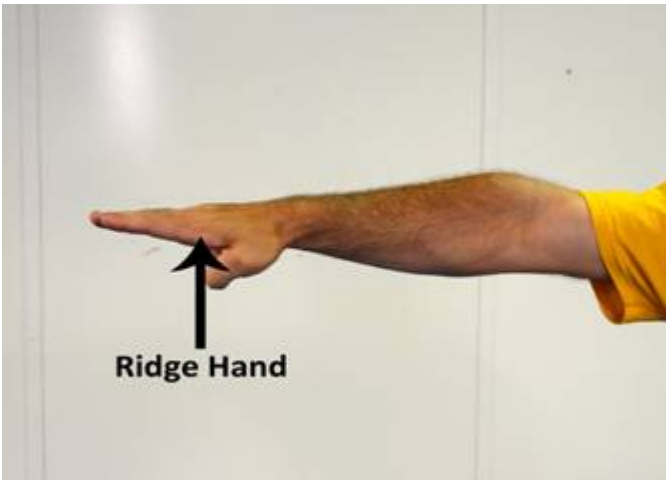
Knife hand (*outer side of open hand, fingers tight together, thumb tucked in*)

The knife hand strike is a classic hand technique. It can be used for blocking or striking. When striking, hit soft tissue targets such as the nose, neck, throat, temples, ribs & groin. When blocking, it effectively deflects frontal attacks while simultaneously striking. Be sure to use the palm portion of your hand and do NOT involve the pinkie finger – it can easily be injured, so draw back your wrist slightly towards your thumb to ensure you strike with the proper part of your hand.



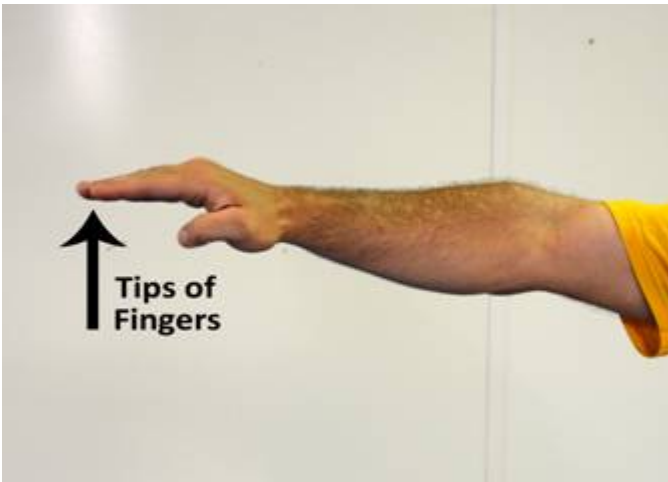
Ridge hand (*inner side of open hand, fingers tight together, thumb tucked in*)

Not as often used, but also effective, is the inner side of the hand. One of its great advantages is that it can be used when other strikes cannot easily be performed or used as a surprise strike against similar soft targets as with the knife hand such as using it in a “clothesline” type strike. It can be very useful when performing repeated strikes in combinations. You must take care to strike with the proper part of the hand which is primarily the outer knuckle of your index finger.



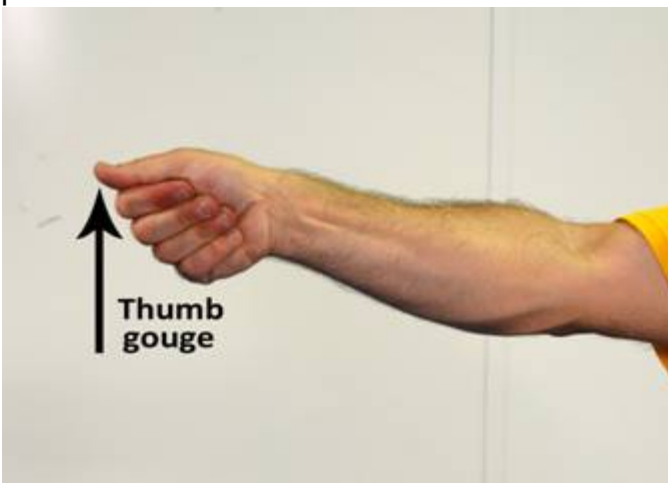
Tips of fingers / nails

OK ladies! Those nails you spend so much time keeping strong, healthy and good-looking are built in daggers that you have at your disposal! Your nails can be used to poke out eyes, stab into an attacker's throat, rake across an attacker's face, and basically to pinch, poke and scratch just about any soft target on your attacker. Use them! And guys, if you have longer nails, don't be afraid to use them if necessary! However, don't think you cannot use the tips of your fingers without nails because you certainly can. Any soft targets such as eyes and throat can be hit using your fingers, and if you draw your middle finger back or bend your fingers slightly so that it is even with your index and ring fingers, you now multiply the strength of your fingertips since now you have three fingers striking your target instead of just one. *(Note: using the nails to scratch your attacker also traps bits of skin and hair under your nails that can be used later as DNA evidence!)*



Thumb gouge

Your thumbs are by far the strongest fingers on your hands. Striking a soft target using just a fist with a thumb sticking out of it can be extremely effective, especially when used against the eyes, throat, neck, temples, ribs, groin and other soft targets. Keeping it from sticking out too far will prevent it from becoming injured when striking with it. However, you can extend it farther out if necessary to achieve deeper target penetration.



Palm Strike *(using the heel of your palm with your fingers drawn back)*

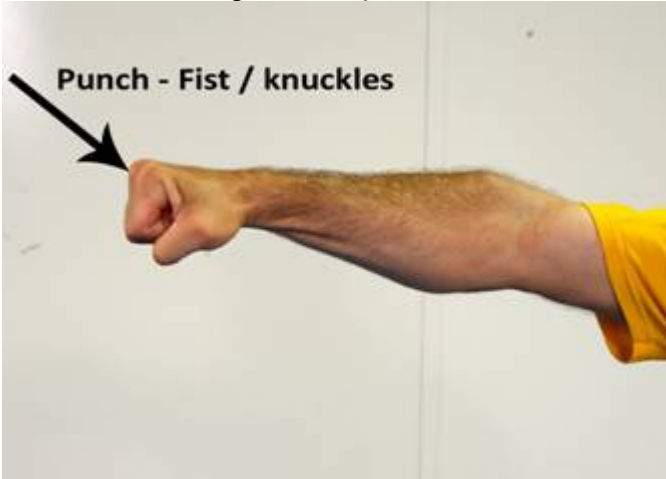
The palm or heel of your hand is a great close quarters weapon in your arsenal. When using a palm strike, the most effective use is driving it up and under your attackers chin or nose. If used in conjunction with grabbing their hair and pulling, there is a good chance they will fall to the ground, allowing you to escape. Remember, the body follows the head! It can also be used against other targets including ribs, solar plexus, jaw, and groin. If used in conjunction with a “clawing” motion with the fingers extended is also an effective use of the palm strike since you can rake across the target after striking it such as in the case of striking your attacker's face.



Punch - Fist / knuckles

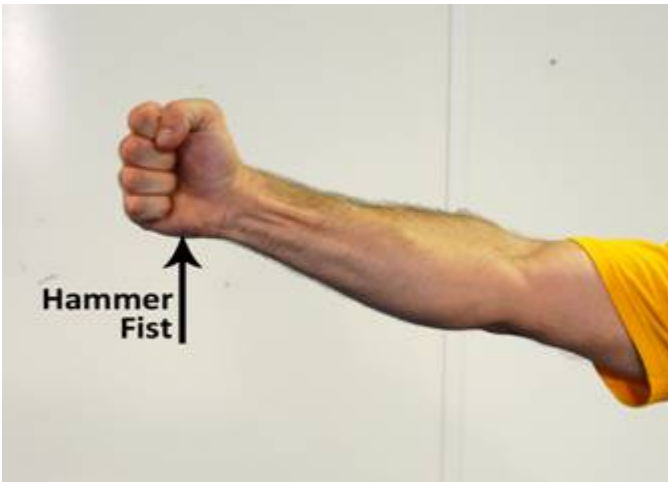
There is no substitute for a well-placed and well-executed punch. The classic punch, when thrown effectively with a lot of power and weight behind it, is essential to learn to use properly. Keeping all fingers tucked in as tightly as possible, the thumb should cross across the your index and middle fingers while your wrist is kept straight. You are going to hit your target with the first two knuckles ONLY in order to focus and

concentrate your power into a smaller area and not have it dissipate. Delivering the most effective punch involves a rotation to the punch as it comes from the waist and begins with the palm side of the fist facing up. As you punch, twist your arm so that your palm finishes facing down and drive the punch PAST the target for maximum power. Don't just hit the target – drill into it! Focus on a point a couple of inches past your intended target and you will be amazed at the power you will generate. While you are punching, push off with the foot that is on the same side as your punching arm and twist your hips. When working in synchronicity, the motion of a well-executed punch can easily generate hundreds of psi (pounds per square inch) in a small area. The average person's punch generates about 300psi. A trained boxer can generate around 600psi, with the most elite fighters able to generate over 1000psi. Any of these will cause damage to the person on the receiving end!



Hammer fist (*bottom of hand in a fist*)

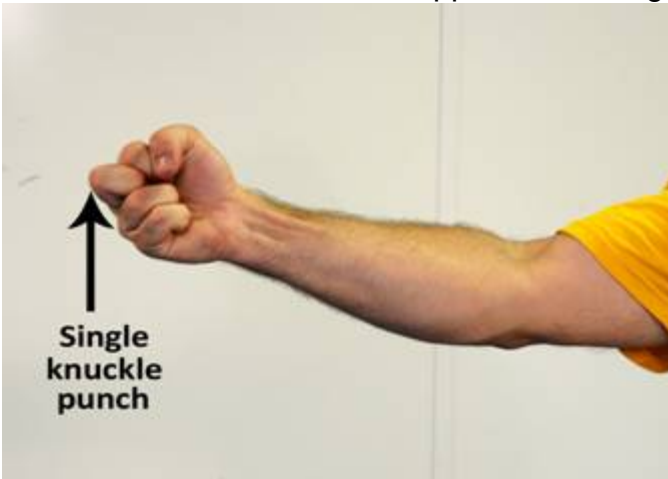
Using the bottom of your hand when it is in a tight fist is akin to using a hammer to strike your opponent, hence the name. Although not as hard as using your knuckles, a hammer fist can be very effective to strike your opponent on their back, neck, kidneys or back of their head if they are trying to grab or tackle you. It can also be used to strike the groin of your attacker if they are behind you or any variety of targets in front of you when used to pound your attacker in the face, stomach, solar plexus, ribs, etc.



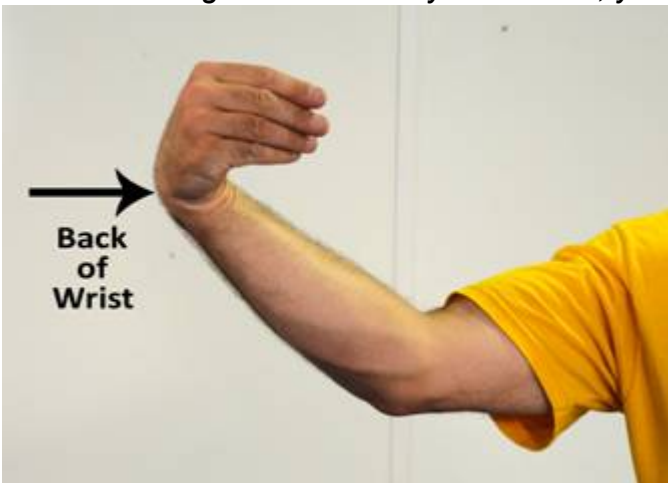
Single knuckle punch (*to smaller targets like the throat or temple*)

Take the traditional fist, and now extend your middle finger up just enough to make it protrude around 1". The top knuckle should rest in between the fingers on either side of it. This strike is intended to strike smaller targets such as the throat or temple.

Striking the kidneys with a single knuckle punch can also be very effective, as would a strike to the middle of your attacker's solar plexus. Since you are focusing your power into a smaller area, the force applied is much greater than with a traditional punch.



Back of wrist (*press all your fingers together, then bend your wrist as far as it will go*) Not many people consider the wrist to be a weapon, but it is an extremely strong point on your body. In close quarters combat, a quick strike using this natural body weapon can be very effective, especially as an initial strike to a soft target such as the nose or groin of an attacker who is behind you. It is also very effective when used as a quick follow-up strike to a block such as a middle block since it can be launched rapidly and will usually take your attacker by surprise. Remember, having a variety of body weapons at your disposal will increase your chances of surviving an attack. If your hand or fingers get injured, you must adapt and overcome in order to survive. *If you are alive enough to know that you are hurt, you will be able to continue.*



Elbow (*bend your arm as tightly as possible, then strike to front or rear using outer bony part*)

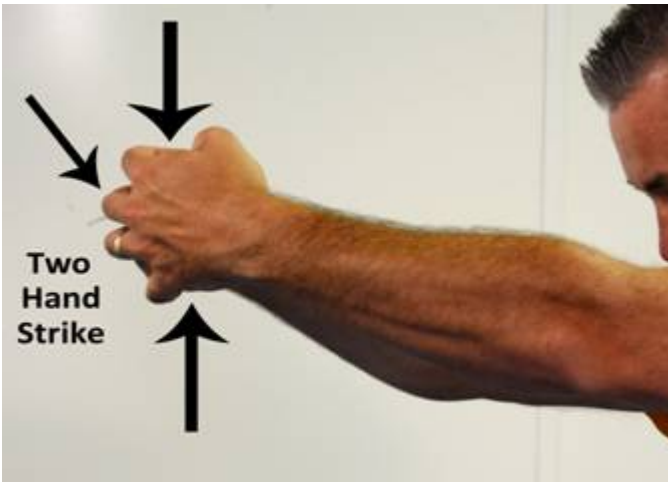
One of the most devastating strikes you can unleash on your attacker is an elbow strike. Not only are they extremely effective, they can be used in rapid succession against attackers both in front of you as well as behind you. Elbow strikes are one of

the best close quarters weapons at your disposal. They can be executed in front of you, behind you, driving up under an attackers chin, or down into an attacker's back or head. You can strike up, down, behind and across with an elbow strike depending upon the target and your angle of attack based on your relative position.



2-hand strike (*hands clasped*)

In combat, two can be better than one – especially when you want to double the strength behind an escape or strike. Strikes using your hands clasped together can be used against soft targets such as your attackers nose, neck, throat, temples, ribs, solar plexus or groin. In addition, the 2-hand strike can be used in different directions – up, down and out! Need to smash down on the back of an attacker? Drive up into their chin? The 2-hand strike is what you should use.



Shoes - (*tips and heel of high heels*)

OK, ladies – here is another one just for you! Not only do the shoes you wear make you look good, they can be an effective weapon against an attacker. The pointy toe of the shoe can be used with devastating force against your attacker's groin or ribs, and the sharp heel can stomp on your attacker's foot, causing significant pain. Want to really get crazy on your attacker? Take those high heels off and wield them like a couple of daggers! Your attacker may think you are so crazy he wants no part of you, or if he does feel like continuing, you can use your heels to stab and swipe at your attacker.



Part 2: Weapons and contact surfaces of the feet and legs

Heel of foot

When attacked from behind, one of the most effective defenses is the foot stomp. By picking up your foot and driving it down on top of your attacker's foot, you will cause significant pain. If you do a shin rake as you move down into a stomp, it will hurt even more. You can also use the heel to hit behind you by lifting it up sharply into your attacker's groin, shin or knee or you can lift your leg up and then drive your heel back into one of your attacker's targets.



Ball of foot

When kicking, the ball of your foot is an extremely effective weapon when you are not wearing shoes, or if you have shoes on that you kick off or lose when running. The most important thing to remember when kicking with the ball of your foot is that you must pull your toes back when kicking to avoid injury to your toes. The ball of the foot is a formidable weapon in your body's arsenal when used properly. You can kick a variety of targets using a straight kick with the ball of the foot, but you are also able to execute a variety of other types of kicks including inside and outside crescent kicks, rising kicks, and push kicks. The same types of attacks may be performed if wearing shoes where the contact surface is the tip of the shoe or the ball of the foot/shoe depending upon the type of footwear you are wearing.



Front snap kick

For all the fancy kicks out there, the basic front snap kick is a tried and true kick that is simple and effective, and that is what we want – nothing fancy needed. Simply lift your kicking leg, point your knee at your target, and snap your leg out. *Be sure to keep a slight bend in your knee when executing front snap kicks in particular to avoid damage or stress to your knee.* There are many targets you can kick at including your attacker's knees, shin, thigh, groin, solar plexus and ribs. For the most part, limit the height of your kicks to no more than waist high, or else you risk losing your balance. You don't want to end up on the ground because you tried to kick your attacker in the head and fall down because you slipped or lost your balance!



Back kick

This kick can be used both in front of you by twisting, or behind you. In front, you must twist your body and point your heels at your attacker. Then, looking to the same side, lift your leg up and kick straight back at your target. Your targets should be low and include the knee, shin, groin, and possibly the solar plexus. The most effective and easiest target to hit behind you is the knee, but you can also target others. Bending forward will allow you to kick higher when kicking behind you, but again, be careful not to lose your balance. You can place your hands on the ground if necessary to stabilize yourself when kicking behind you.



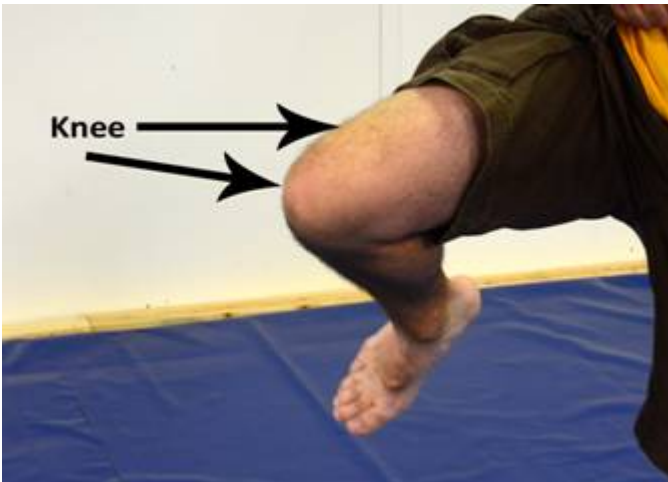
Stomp kick

A simple stomp to the top of your attacker's foot will cause extreme pain, and allow you to gain a few precious seconds to act. It can be used as an initial distraction strike, or your primary attack. The action involves simply lifting your leg straight up, and then driving your heel straight back and down onto your target. If you have already knocked your attacker to the ground, a stomp kick to the groin, ribs, throat or head may be done before you escape.



Knee strike

Your knee is the other favorite close quarters weapon. It doesn't have a lot of reach, but it is hard and can generate a lot of power in a confined area. Your targets include the solar plexus, groin, ribs and head. A knee strike to your attacker's solar plexus which causes them to bend forward can be followed up with an elbow strike to your attacker's back is an effective combination. For the most power, twist your torso in the opposite direction as the knee strike to generate rotational power. You can use the top or front of the knee to hit your target.



Side Kick

Another simple and often-used kick is the side kick. This kick can be executed in various directions based on the position of your body. When kicking to the front, lift your leg, turn 90 degrees on your other foot, and snap your leg out in front of you, using the blade of your foot as the area of contact. You can also use the ball of your foot or the heel of the foot as the area of contact, but primarily side kicks make use of the side of the foot (or shoe if you are wearing shoes). The reason for this is again, a smaller contact area which means more power is focused in the area of contact which causes more damage than a larger contact area. In addition, the thinner surface area can sneak in between defenses and also fit into smaller areas such as the throat, ribs, under the arms, inner thigh, back of knee, etc.



Chapter 6:

Ways of Defending Yourself

It's finally time for the “meat” of this guide. Up to this point you have been introduced to various concepts and ideas as well as knowing why you need to learn how to defend yourself. You have also begun to realize the importance of developing the proper mindset for dealing with threats to your personal safety. You have learned about the various physical situations you can be caught in when a threat arises. We have identified the various parts of your body that you can use the strike with. Now we come to the different ways in which to specifically defend yourself with various self-defense techniques. Some moves are defensive only while others are also offensive depending upon the way they are executed.

Note that in the following images, the attacker has the black shirt, and the defender has the yellow shirt. Also, image captions appear above the corresponding picture, not below.

Blocks – These include a variety of blocks that use your arms and hands including middle blocks, high blocks and low blocks. For example, a knife hand block, an inside block, and an outside block all protect the middle portion of your body but in different ways, from different attacks, and with different finishing moves. Blocks and other defensive moves involving your legs can be used to intercept offensive kicks or weapon strikes from your attacker as well as used in conjunction with hand techniques to trip or disrupt your attacker's movements.

Middle Block:

Begin the middle block with your arm bent at your side and fist close to your ear. Swing your arm across your centerline (center of your body) and block your opponent's punch as you twist in such a way that your block is also a strike to their wrist's radial nerve cluster located just above the wrist on the inner side.



A hit to this area will cause weakness and temporary paralysis of their hand, making it an ideal target to strike during both blocks and when breaking a grab or hold.



Outside Block:
Begin by being aware that an attack is imminent. Your hands should be at least waist level.



Swing your arm across your centerline inside-to-outside with your palm facing in.



Continue swinging your arm to the outside as you block the attack and counterstrike.



Close Up of block. Notice the block can also be a strike to the wrist's radial nerve.



High Block:

The high block is a natural body movement to harness since it really only involves raising your arm up above your head. *Make sure that your arm rises straight up your centerline and doesn't swing up from the outside.*



Move inside quickly to intercept and jam the attacker's arm to prevent getting hit. The angle formed by your arm in this manner should deflect the attack down and to the outside to keep your arm from becoming broken, especially if deflecting a weapon.



Low Block #1:

In order to block a lower strike, kick or swinging attack a low block is needed. Begin by bringing your fist up next to your ear on the opposite side (*left fist to right ear or vice-versa*).



Next, swing your arm down across your centerline, deflecting the attack off to the side. Counterattack as necessary.



Low Block #2:

An excellent way to block an attack is to intercept it before it develops. In this low block against a kicking attack, you jam the opponent's leg with a palm block/strike to their knee or thigh.



As you see your attacker raise their leg to kick you, quickly raise your arm up and keep your hand open with your fingers pulled back in preparation for a downward palm block.



Extend your arm and push forcefully down onto the knee or thigh of your attacker's leg. Maintain a slight bend in your elbow so that your arm absorbs the impact of the kick before it has a chance to gain maximum momentum and hit you. Done correctly and with sufficient force, you can cause your attacker's knee to hyper-extend, causing pain and potential ligament damage.



Low Block #3:

You can also use your legs to defend against a kick or low attack. The trick is to kick your attacker's leg or weapon before it hits you. This is not an easy move to master – be quick!



Learn back slightly and bring your leading leg up quickly higher than your attacker's leg. If you cannot lift your legs high, this will not be an effective defense against a kick.



As the kicking attack comes, bring your leading leg up and maintain your balance by invoking your core, leg and glute muscles. *Do not use if you have bad balance!*



Extend your leg and jam your opponent's leg at their thigh or knee, stopping their attack.



Low Block #4:

Another way of blocking a low attack is by using your open hand like a claw to intercept and strike your attacker's knee disrupting the attack and causing damage to the knee.



Quickly drive your open hand onto the top of your attacker's leg or knee causing the leg to possibly hyper-extend causing pain and stopping the attack.



Low Block #4 – alternate angle:



Notice the hand position on the top of the attacker's knee.



Strikes– The next section shows you the different types of strikes available to you and how they can be used. This goes way beyond simple punches but of course also includes them. Keep in mind this critical point when punching or thrusting - keep a *slight* bend in your elbow! Doing so will help you prevent hyper-extending your arm and causing damage to your elbow.

Straight punch: Begin at the waist & generate power by twisting and punching **THROUGH** the target.



Eye gouge: One or two fingers to one or both eyes



Backfist:

First, draw your clenched fist back towards your ear on the opposite side of your head



Next, rapidly snap your backfist out to your target (*nose / eye / temple / throat / neck / ear*)



Twisting Backfist:

A variation on a regular backfist, you execute a twisting backfist to generate additional power, or to surprise your attacker when spinning or twisting away from their attack.



Rapidly twist clockwise since the left foot is forward. Counterclockwise if the right foot is forward. Make sure your heels are now pointing in the direction of your target and LOOK before striking out.



Once you have identified your target, continue rotating and strike, maximizing your power. Targets are any within range.



Single-knuckle Punch – Solar Plexus:

Use of the single-knuckle punch can be extremely effective against certain targets such as the solar plexus



Step in and deliver the single-knuckle punch up and into the solar plexus - remember to drive *through* the target.



Single-knuckle Punch – Under Chin

Prepare the punch the same as before – pull your hand in and extend out the middle knuckle.



Step in and deliver the strike up and under your attacker's chin, driving up and *through* the target.



Single-knuckle Punch – Throat:

Begin with your attacking hand tucked in close to your body, middle knuckle extended.



Step forward and shoot your knuckle straight out into your target just above the breastbone.



Single-knuckle Punch – Temple:

Begin with your attacking hand tucked in close to your body, middle knuckle extended.



Step forward and swing your attacking arm out into a small semi-circle to drive into the temple. This strike can knock out your attacker or even be a fatal strike.



Ridge Hand:
Begin by pulling your arm back, tucking in your thumb and tensing your fingers.



Swing your arm in front of you, striking the target with the lowest inside knuckle of your pointer finger. This strike can knock out your attacker or even be a fatal strike.



Throat Strike:

Tuck your elbow into your ribs and open your hands into a claw-like position.



Rapidly extend your arm and strike your attacker's throat, or grab and choke them. This will potentially cause damage and an interruption in their ability to breathe. Be careful when using this as it could be a fatal strike!



Knife Hand Strike to Ribs:
Raise your knife hand up at your side, thumb tucked in and fingers together.



Step forward and swing your knife hand into your opponent's ribs – preferably the lowest (floating) rib.



Knife Hand Strike to Temple:

Raise your knife hand up at your side, thumb tucked in and fingers together.



Step forward and swing your knife hand into your opponent's temple.



Back Wrist Strike to Nose: The wrist is not often perceived as a weapon, however it can be extremely effective and may be necessary to use alternate body weapons should you suffer an injury to your fingers or hand. Pull your curled hand into your chest, elbow & wrist bent in and fingertips together.



Extend out your wrist and make contact with your opponent's nose. This is great close quarters strike since it does not need a windup or step, just a quick snap out.



Back Wrist Strike to Temple:
Pull your curled hand into your chest, elbow & wrist bent in and fingertips together.



Straighten your elbow & snap it out so your wrist makes contact with your opponent's temple. Do not underestimate the power of this part of your hand – it is very hard!



Kicks – Your best weapon is your legs in many instances. Why? Simple - your legs are stronger than your arms, they can reach farther, and they can inflict more damage on your attacker. Learn how to kick *properly*, and you will have a devastating weapon at your disposal.

Front Snap Kick:

The basic simple front snap kick can be used to hit a wide variety of targets located along the centerline of your opponent including knee & groin.



Lift your rear leg and point your knee at your target.



Next, drive your foot into your target – in this case, your attacker's front knee. An alternate target for the front snap kick is the solar plexus or groin.



Front kick to Groin:

An effective alternate target for a Front Snap Kick. *Note: When executing any kick, you do NOT want to fully extend your leg if at all possible since this will put strain on your knee and could hyper-extend it. If done repeatedly, you will cause damage to your knee. Keep a slight bend in your knee when executing kicking techniques to reduce your chances of hurting yourself.*



An alternate target for the front snap kick is the solar plexus or groin.



Front foot stomp:

Simple and effective, a foot stomp causes pain and disrupts your opponent allowing you to escape or execute a follow-up strike.



After deciding on your attack, raise your leg up in front of you.



Quickly stomp your foot down onto the top of your attacker's foot. Ladies, use your high heels!



Side Kick:

Begin by squaring off against your opponent as you decide to unleash a side kick.



Lift your rear leg as you turn on the ball of your planted foot 90 degrees.
(clockwise if using your left leg; counter-clockwise if using your right leg)



Next, shoot your leg straight out at your target which can be the leading knee as you see here or...



The ribs if you are able to lift your leg high enough while maintaining your balance.
As a rule, do not kick higher than your own waist or you risk losing your balance.



Roundhouse Kick:

A lot of damage can be inflicted by the roundhouse kick since it uses rotational force to generate power.



Lift your leg up to the side of your body in preparation for the rotational movement.



Next, snap your leg out and around to your target as you simultaneously hop on the ball of your foot, twisting your body and leg in a clockwise motion to generate rotational power.



The roundhouse kick can be used against a variety of targets with great effect including the knee, thigh, ribs, solar plexus, heart, legs, arms and even the head and neck if you can kick that high. Leave most high kicks out of combat because they put you in a situation whereby you can easily lose your balance.

Leg Sweep:

Effective and surprising, a sweep can knock most attackers off their feet.



First, know which way you are turning – then, drop your *leading* leg's knee down to the ground.



Next, twist your body around and turn to look over your shoulder in the direction you are moving. Feel free to place your hands on the ground behind you to maintain your balance throughout the technique.



Finally, extend out and sweep your rear leg into the back of your attacker's knee, causing it to collapse, and they will fall backwards onto the ground giving you time to escape.



Back Kick:

This kick can deliver a tremendous amount of damage if done correctly. Begin by identifying your target.



Rapidly twist clockwise if your left leg is forward (or counter-clockwise if right leg forward) and point your heels in the direction of your attacker, looking at your target.



Next, pull your knee and leg up and chamber it before driving it back into your attacker.



The easiest target to hit is low – in this case, your attacker's knee.



An alternate target you can also strike is your attacker's groin or solar plexus if you are able to reach. The more you lean forward, the higher you should be able to kick. Just maintain your balance!



Knee Strike:

A devastating use of your legs in close quarters is your knee. Use if caught up close to your attacker.



Lift your knee up and target your opponent's groin or solar plexus while reaching out to grab them and pull them into your knee, increasing the effectiveness of your strike.



Drive your knee into your attacker as forcefully as possible which should cause them to bend over, allowing you any number of follow-up strikes such as an elbow to the back of their head or back before escaping. Knee strikes are best for close quarters combat situations when you are already close to your attacker.



Trips – maintaining your balance while disrupting your attacker's balance allows you to bring them to the ground, allowing you to make your escape. There are many types, but the main basic one is described here.

Basic Leg Trip:

Begin by observing which is your opponent's leading leg – in this case, his right and match his stance by going toe-to-toe. (his right leg forward, your left leg forward)



Next, grab your opponent's wrist on that same side (*their right in this example*)



Step forward with your back leg (in this case, your right) and raise it up behind your attacker's leading leg while maintaining your grip on their wrist. Put your other hand on their shoulder/chin/nose.



Reap (pull) your leg backward hitting the back of their knee causing the leg to collapse. At the same time, pull down with the hand holding their wrist and push against their shoulder/chin/nose causing them to lose their balance and fall to the ground.



Throws – similar to trips, but throws allow you to cause more damage to your attacker by tossing them onto the ground or into walls or other objects. *Do not attempt if your attacker is much larger than you!*

Basic Hip Throw:

Begin by observing which is your opponent's leading leg – in this case, his right and match his stance by going toe-to-toe. (his right leg forward, your left leg forward)



Next, grab their leading hand's wrist and swing it out and down.



Quickly step behind your attacker as you *pull down* on the arm you have control of. This will take them off-balance while you retain your balance. Grab their

belt/waist with your other hand and get ready to toss them!



Bend your knees and use your legs, NOT your arms to “pop” them up and over your hip and guide them to the ground using their arm and waist. Depending upon your goal, you can drop them onto their back causing them to lose their breath or onto their head and potentially break their neck. You will be surprised at how using your legs can lift and throw even larger attackers.



Arm Throw:

Get ready to act as soon as your attacker steps and punches forward. This defense will work the same and be equally effective if your attacker merely punches without stepping.



When your attacker steps forward and punches, turn inside and grab the wrist of their punching hand, then execute a quick distraction punch to their ribs or solar plexus.

Speed is critical at this point!



While still maintaining your grip on their wrist, lift their arm up as you spin rapidly counter-clockwise, bring your other hand up and grab their wrist or forearm.



This next move can be executed two ways, depending upon your intention based on the attack.

If the attacker who is swinging a punch at you is half-drunk and obviously beyond the point of making a good decisions for themselves, you may simply wish to flip them over you and onto their back, hopefully knocking the wind (and the fight) out of them. However, for the more deadly attack, a slightly different ending can be applied here. Notice the position of the attacker's elbow; it is pointing off to the side and can easily be bent and controlled during the throw. The defender has control and is bending their knees in preparation for the throw that comes next.

By simply changing the position of our grip and twisting, the attacker's elbow can be rotated to point towards the ground and hand facing up. This allows us to now extend our bent knees and stand up as we pull down on the attacker's arm. This can damage the arm in many different ways including breaking the elbow, dislocating the elbow and/or dislocating the shoulder, plus damage can also be done based on how we control their landing. Do you continue the technique and throw them down onto their back or head?

That may or may not be controllable in the middle of executing the technique, but it means that you have to be aware of the ability to potentially seriously injure or kill someone if they are thrown onto their head, possibly breaking their neck. It may or may not be justified, so be careful and aware of some of the unintended consequences that may arise when defending yourself and your family.

It is better to know ahead of time and ask ourselves these extremely important questions in advance of having to ask at the "speed of fight" when time seems to slow down and the adrenaline dump that occurs gives us tunnel vision, blocking out sounds

and pulling the blood in from our extremities. These are things that unless you experience them, they simply cannot be trained for.

Be sure to have the attacker's arm secure and pulled in close to you if doing the throw. If you are breaking their elbow, then position your shoulder under their elbow. As you pull down on their arm, rapidly extend your legs and thrust up and pull them down to the ground, or if you have decided to, break / dislocate their elbow.

Of course, you can always continue the motion and execute a throw after this move too!



The following throw should only be used only when you find yourself in a position whereby your attacker is advancing on you and you see no other choice. This technique is the *Fireman's Carry Throw*. If it is not done properly, your attacker could either fall right on top of you, or land on your ankle or foot if you are not careful about tucking it in.

Depending upon the direction you throw your attacker will determine where to position your foot. If throwing your attacker off to the side, tuck your foot in close to your center. If throwing your attacker directly behind and over you, keep your foot out to the side to minimize the chance of it being landed on. The author knows first-hand this lesson – and it hurts when it happens during practice! *I will say this again – this is not a go-to defense; it is one that should only be used if the situation calls for it and there is no other option.*

Fireman's Carry Throw:

Assess your attacker's intentions and if they are advancing on you, prepare to intercept and control them.



When your attacker steps forward and punches or attempts a grab, turn inside and grab the wrist of their punching hand, then execute a quick distraction punch to their ribs or solar plexus. *Speed is critical now!*



Drop down on your leading knee and pull in behind your attacker's knee as you pull their arm down over your back/neck.



Drive your head up as you straighten your back, pulling their knee in closer and causing them to fall.



Let go of your attacker as they fall to the ground. You have the option at this point of executing a knife hand or ridge hand strike to their groin or throat before escaping.



Pressure Points – there is only so much that you can learn from a text on pressure points since someone with direct knowledge is really the only way to learn about them. In light of that statement, some general information about pressure points can definitely help you to survive.

Pressure points are areas of the body where various nerves, muscles and other vessels intersect making for greater-than-average sensitivity. Depending upon the location, the individual, and the technique used, not only can you use them to execute a particular technique more effectively, they can be used to completely disable your attacker. The most important thing to remember is that striking a pressure point weakens any associated muscles that area of nerves controls. This can enable you to escape a strong grip, for example. There is a chart of the most common ones you will want to familiarize yourself with in [Appendix B](#). Don't try to memorize them all, but rather look first at those you can use with the techniques described in this book. Doing so will allow you to maximize your effectiveness at executing them.

Joint Manipulation – the human body is designed to move in certain ways, and not designed to move in others. The concept of joint manipulation is such that you use this knowledge of the human body to control your attacker since everyone's body moves the same way...and doesn't in others. This knowledge allows anyone, regardless of size, skill or strength, to manipulate your attacker's joints to make them move in the direction you wish. This is a powerful concept that allows smaller people such as children, women and the elderly to overcome larger, stronger attackers.

Part of the reason why many self-defense techniques are effective is that they take advantage of the body's various joints and manipulate them to achieve control over an attacker. Wrists are one of the easiest joints to use in order to put your adversary in a compromised position. There is an extremely satisfying feeling that comes from executing a move on your attacker that has them screaming in pain because they grabbed you and you knew how to use that to your advantage. In some cases, the stronger their grip on you, the better the technique works!

Addressing the topic of direct joint manipulation in a book is also difficult, because you are unable to really appreciate the subtle moves, angles and pressures that are necessary to understand in order to execute a joint manipulation technique effectively. The same would be true if you wanted to become a chiropractor – you can't just read a book about it; you need hands-on experience and lots of practice.

In this guide our very first defense ends with a joint lock to the attacker's elbow that allows us to either keep them at the point where there are feeling pain, execute a strike, or to continue the technique until the elbow joint is broken or dislocated. *That is the power that comes with proper execution of joint locks, manipulations and throws involving joints.*

Students of self-defense who are interested in learning more are encouraged to contact a local martial arts school that teaches these techniques such as Korean Hapkido or Japanese Aikido. These are considered “soft” martial arts because they teach you how to redirect your opponent's energy and attack in such a way that you gain the advantage. These sorts of self-defense techniques should be taught in person by someone with many years of experience. Don't try to learn them on your own with a friend or one of you may end up seriously injured because you were not taught the proper way to execute a move.

The joints and structures of the neck are very flexible, but at their point of maximum the rest of the body begins to follow automatically. If not, the result is a broken neck and possibly death as a result. Keep in mind that this next technique is extremely dangerous and when practiced, ultimate care and *s/ow* movement are an absolute *must* to ensure the safety of your training partner. Even doing this technique carefully can hurt someone!

Head Twist - Where the head goes, the body must follow!

Facing your attacker, decide the optimum direction of the twist you are about to execute.



In this case, the direction is counter-clockwise and towards their back. Your lead hand should grab the hair on the back of your attacker's head, or the collar of their shirt if they are bald or short-haired.



Your back hand will be your driving up hand that pushes UP and twists using the chin for leverage. Notice that you do not need to step in – simply shuffle forward and execute quickly *only as a last resort*.



There are more techniques later in the book that make use of joint manipulation, but for illustration purposes as well as informing the reader of a life-or-death self-defense move, this above head twist is described.

Chapter 7:

Targets

Remember: Many are along the centerline of body!

Back of Head

Eyes

Ears

Nose

Temple

Jaw

Chin

Throat

Wrists

Back & Insides of Elbows

Heart

Ribs (*particularly floating rib*)

Solar Plexus

Kidneys

Groin

Inner Thighs

Knees (*front and back*)

Shins

Top of Foot

Refer to [Appendix B](#) for a complete breakdown of the body's many targets and areas of vulnerability.

Chapter 8:

Types of Attacks

The factors we have addressed previously such as environment and your physical situation will dictate the sort of attack that you can expect. The following is a synopsis of the different specific types of attacks you may face and what they mean for you. Please refer to the Bonus Section for the definition of the *4 Types of Attacker* so that you can more completely understand the thought process behind the various types of attacks described in this section.

Part 1: Frontal Attacks

The primary intent of a frontal attack is to control or do harm. These consist of any one of the main types of ways someone would try to hurt you.

1. Front Grab – typically employed by someone who may be a Stage I or Stage II attacker (*see definitions in Bonus Section for more info on the different stages of attacker*) but who may not necessarily be trying to do you physical harm – at least at first. They may simply be trying to forcefully make a point or control you. *You must be keenly aware if attacked by someone who (so far) has just grabbed you.* It could easily escalate; you must do everything possible to try and remove yourself from the situation before it gets worse. You must be confident that you can quickly escape the grab and assert yourself to your attacker so that the situation is hopefully diffused before it escalates. They have invaded your space; how you react next is critical to your outcome.

In EVERY self-defense technique, the very first thing you must do is mentally commit yourself to what you are about to do. If you cannot do this, you have lost and your attacker has won. The time to ask yourself if you can cause harm to another human being who is attacking you is BEFORE a conflict, not when it is happening which would cause you to hesitate. Remember the old adage “He who hesitates is lost.” Well in this case, “He who hesitates gets robbed, raped, injured or killed.”

Front Grab Defense (same side grab): The very first step must be your attempt to DISTRACT your attacker. You can do this by screaming, shouting, spitting, kicking, throwing, etc. You must do ANYTHING you can to throw your attacker off and give yourself a split-second advantage before you go into your defense. *This is true for ALL defensive techniques - the ability to throw off your attacker allows you a slight advantage.*



Reach over your attacker's hand and grab the fleshy part of their outer palm with your non-held hand. Detail can be more clearly seen in the next photo.



As you twist your attacker's arm counter-clockwise to the outside of your attacker's body, they will lose their grip on you. Use your other hand to secure a hold on your attacker's wrist with both hands controlling their wrist. Raise your grabbed arm up and OVER the attacker's arm at the elbow joint.



Using your weight, bear down on the attacker's elbow; they will either drop to the ground, or you will be able to break or dislocate their elbow with this move depending upon how aggressively you perform the move, and how much weight/strength you employ. Smaller victims can jump up and add their weight to this defense, so that it can be devastating and effective even when employed by smaller victims such as women, children or the elderly.



Keep control of the attacker's wrist and arm until they either stop and give up, or if they struggle, finish your defense by any one of several finishing moves such as a knife hand strike to their throat, a knee strike or kick to their face.



An alternate finishing move that should take the fight out of almost any attacker is an elbow break. It only takes between 5-10 pounds of direct pressure to break an elbow.



Finally - run away as quickly as possible and find help. Do NOT yell "Help!" - instead yell "Fire!" since studies have shown that in general, people react much more readily to coming to see or help with a fire as opposed to coming to the aid of someone in trouble. Most people simply just don't want to get involved.

2. Front Punch - we are all familiar with a punch; it cannot be misinterpreted as anything other than an attack on you. Therefore, we can react with a more immediate commitment than if we are grabbed. A punch is most likely employed by Type II, III or IV attackers. Their intent is to cause you harm, and so you must react and assert yourself with a violent physical response that clearly communicates that you are capable of defending yourself. Do not hesitate! *There is no second chance to make a first impression here so you must react swiftly and decisively.*

Front Punch Defense: As with any defense, the very first step must be your attempt to DISTRACT your attacker. You can do this by screaming, shouting, kicking, throwing something at them, etc. You must do ANYTHING you can to throw your attacker off and give yourself this split-second advantage.

Observe your attacker and get ready for your defense and counter.



Bring your arms up in front of you defensively and block the punch with both forearms.



Grab the attacker's arms above the elbows.



Kick the attacker's shins 1-2x.



Using your leg that is closest to the attacker, swing your leg so that your calf hits the attacker's calf as you twist them to that same side...



...which will disrupt their balance and cause them to fall to the ground.



Maintain your hold on their wrist for control.



Finish your defense by using any one of several finishing moves such as a knee strike, stomping the groin, kicking their face or solar plexus, etc. Don't stick

around. **MOVE!**



Again, run away as quickly as possible and find help. Do NOT yell “Help!” - instead yell “Fire!” since studies have shown that in general, people react much more readily to coming to see a fire as opposed to coming to the aid of someone in trouble; most people simply don’t want to get involved!

3. Front Choke / Grab Defense: Once again, the very first step must be your attempt to DISTRACT your attacker. You can do this by screaming, shouting, kicking, spitting in their face, throwing something at them, etc. You must do ANYTHING you can to throw your attacker off and give yourself this split-second advantage.

Your attacker grabs or chokes you using either one or two hands – two in this case.



Depending upon the height of your attacker, either chop down on your attacker's arms at their inside elbow joint to break their grip or...



...clasp your hands together, bend down and drive inside your attacker's arms as you push up and out to break their grip. You can couple this with a knee strike.



Next, Single Knuckle Punch or knife/ridge/tiger open hand strike your attacker's throat at a point approximately 1" below their Adam's apple at the very top of their breastbone. If you feel this point on your own throat and press just slightly, you can see how devastatingly effective a strike to that area would be! Hitting this area could be deadly, so strike this point only as a last resort!



If the attacker is still on their feet, step to the side and deliver as powerful a kick as you can to the attacker's closest knee. This should cause them to collapse or fall back.



Finish your defense by using any one of several finishing moves such as a knee strike, stomping the groin, kicking their face or solar plexus, etc. Don't stick around. MOVE!



4. Front Kick Defense: Once again, attempt to DISTRACT your attacker. Observe your attacker and get ready for your defense and counter.



If you are unable to recognize the kick early enough, your first move must be to leap preferably to the side, or if unable to, jump back. If you are boxed in and there is not enough room to move, your only choice will be to meet the threat before it can hurt you.



If you are able to recognize the kick before it develops or are unable to move back, move in and jam the kick at the thigh or the knee with a downward pressing motion using both hands.



Kick the attacker's shin's 2-3x rapidly.



Remember – fast kicks to the shins to set them up...



...and as the attacker bends forward, grab their shoulders and drive a knee strike into their solar plexus.



Once the attacker doubles over, grab behind their head and pull down the attackers head as you drive your other knee up and into their nose / face.



Finish your defense by using any one of several finishing moves such as stomping the groin, kicking their face or solar plexus, etc. Don't stick around. MOVE!



5. Weapon Defense: 5a: Blunt or bladed weapons
Use your best attempt to DISTRACT your attacker.



Hop to the outside of the attacking hand, always keeping an eye on the weapon.



Deliver a low side kick to the attacker's lead knee, and keep watching the weapon.



Next, kick behind that same knee with your other leg, forcing your attacker to bend down or fall to the ground. Take control of the hand and wrist holding the weapon.



If they are still on their feet, use the shoulder trip to take them to the ground by sweeping your leg behind their weakened leg and pushing on their shoulder or chin.



Finish your defense by using any one of several finishing moves such as stomping the groin, kicking their face or solar plexus, etc. Don't stick around. MOVE!



Here, we kick the attacker in the face and then RUN!



6a: Firearm or projectile weapon

DISTRACT your attacker. You can do this by screaming, shouting, kicking, etc. You must do **ANYTHING** you can to throw your attacker off and give yourself this split-second advantage.



Scenario One: If there is room to run, immediate turn and escape by running away as fast as possible in a random, zig-zag pattern to reduce your chances of being hit and escape. Turn & run in one direction, then another to make it tougher for your attacker to hit you.



Scenario Two: If backed into a corner with nowhere to run, your only hope is to keep your wits about you, and attempt to lure the attacker close enough so that you can execute the next motion as effectively as possible. You must **NOT** raise your arms over your head otherwise this defense most likely won't work. Keep your hands up, but try to keep them no higher than your shoulders or chin if at all possible.



This will allow you to execute the next motion as effectively as possible. Quickly twist your body out of the path of the bullet while using the closer of your two hands to grab the top of the gun's barrel.



Next, twist the barrel of the gun back towards your attacker, bringing in your other hand to assist.



Keep twisting as you rip up and back, dislodging the gun from your attacker's hands and most likely breaking a finger in the process.



Continue pulling up and back until you have complete control of the gun.



Once you have the gun, there are two possible outcomes, and you need to ask yourself a HUGE question with relation to this. You can hold your attacker at gunpoint until help arrives if they give up, or if your attacker continues to advance, *the biggest decision of your life comes next.*



That question is of course, are you mentally, emotionally and physically prepared to pull the trigger and potentially end a human life? Once that line is crossed, there is no going back.

The taking of another life changes people; all you need to do to confirm this is ask anyone who has taken a life, whether it was in war, defending themselves or their family or in committing a murder. *You will be changed forever.*

Refer to the chapter on [Post-Altercation](#) for more information and help should you need it after such an event.

The mental toughness and commitment necessary to execute a potentially lethal self-defense move is not easy to develop. This can be by shooting or stabbing someone, but also by using your hands and feet. Professionals with years of service and training are often surprised at how unprepared they are when involved in a shootout or when they actually come face-to-face with a criminal who is pointing a gun at them. Many freeze up in fear, others simply cannot bring themselves to pull the trigger and potentially take another human life.

If this happens to you, you may be killed or seriously injured.

Some people are able to do what needs to be done, and those who are able to perform under this extreme duress did so as a result of having asked themselves previously what they would do if forced to pull the trigger and end the life of another human being.

The time to ask yourself the really tough questions is BEFORE you are forced to make a decision.

If you come to terms with the answer and know the consequences ahead of time, it will be that much easier for you to do what needs to be done without regret. If by pulling the trigger you are able to return home to see your spouse and your children

again, you have done the right thing, and should never regret that. However, this isn't as easy as it sounds, so be prepared for the mental anguish and post-traumatic stress that accompany a deadly encounter.

Part 2: Rear Attacks

(attempt to achieve submission)

Usually any attack that comes from behind you is an attempt to achieve submission. This means that your attacker is trying to rob, rape or kill you and should be viewed as a Type III or Type IV aggressor.

1. Rear Choke (*with hands/fingers*)

Use your best attempt to DISTRACT your attacker.



Dip your head down, trying to drop your chin into your chest while reaching up and grab just one finger on each of your attacker's hands with each of your hands.



Peel your attacker's fingers out to the side and break their grip as you lean forward



Rake your shoe down the attacker's shin ending with a stomp on their foot all in one smooth motion.



Execute a back kick to your attacker's knee causing them to fall backwards.



Once your attacker has fallen backward, you are now in a position to finish them or escape.



Finish as you see fit (stomp groin, kick to face, etc.)



2. Headlock *(with arm around your neck from the back or side)*
Use your best attempt to DISTRACT your attacker.



Turn your head into the crook of attacker's elbow to create breathing space and with your hand that is opposite the attacker's choking arm, grab the attacker's wrist.



You can bite their arm or pinch their triceps to get them to let go or relax their hold. Bring up your other hand and push up on attacker's elbow.



As you push up, keep control of your attacker's wrist and pull out your head and step behind them.



Stepping back (in this case with your left leg), turn around to face attacker and with the same hand that pushed up on your attacker's elbow, execute a palm strike to your attacker's chin.



Close up of hand positions. Notice the arm lock as a result of the previous move.



Your other hand should still firmly be grabbing the attacker's wrist.

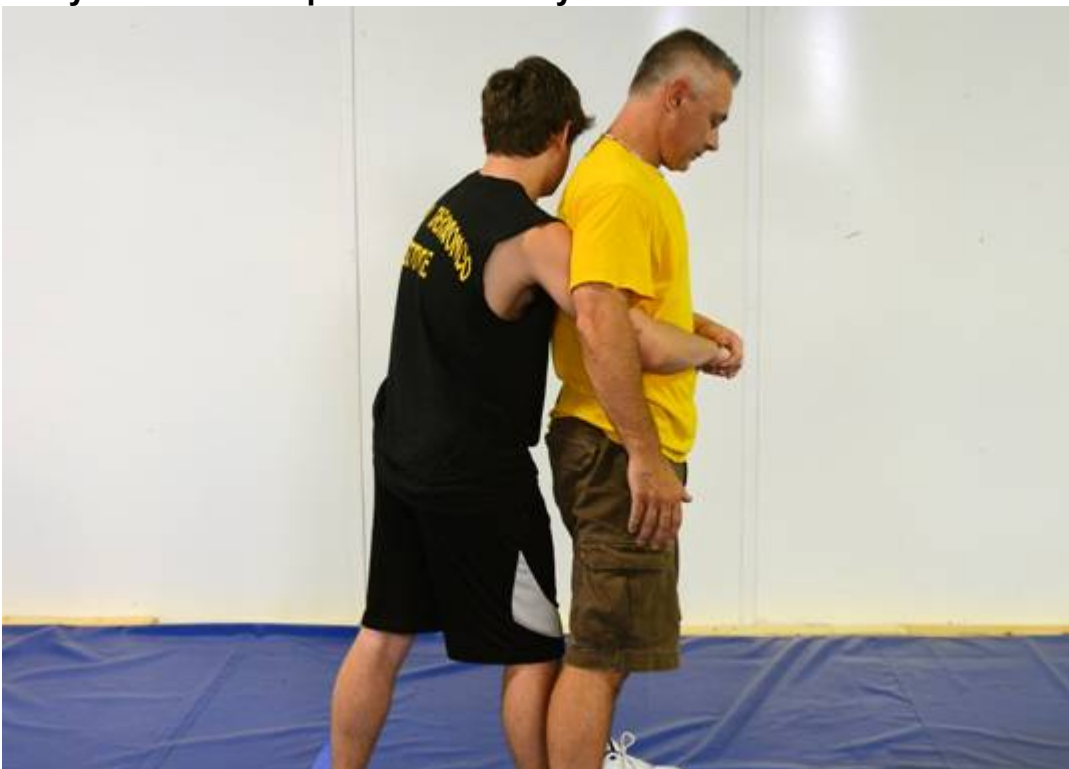


If they have not already fallen down, step and swing your leg behind attacker's leg and strike their calf with your calf and either push their shoulder, or strike them under their chin again, causing them to lose their balance and fall down. Twist and pull attacker down to the same side as the leg you have just tripped out and finish as you see fit (stomp groin, kick to ribs or face, etc.) before quickly escaping.



3. Bear Hug (over arms or under arms)

Use your best attempt to **DISTRACT** your attacker.



If grabbed under the arms, use a single-knuckle punch to the back of your attacker's exposed hand to loosen their grip.



Grab a finger on hand and pull their arms apart, breaking their grip. At the same time, rake your foot down the attackers shin...



...and finish with a foot stomp



Next, twist and elbow strike your attacker in the face (or solar plexus if grabbed under your arms) or...



...hit the attackers groin with a knife strike, ridge hand strike, or hammer fist if grabbed over your arms after your shin rake / foot stomp.



Finish as you see fit (*elbow strike to solar plexus / sternum / ribs or stomp groin, kick to face, etc.*) and run!



Part 3: Ground Attacks (*attempt to subdue, rape or kill*)

Choke: On Your Back

Use your best attempt to DISTRACT your attacker.



Chop and pull in towards you one or both of your attacker's arms at the elbow to loosen or break their grip on your throat



Choose which side you are going to turn to based on your position to your surroundings and continue chopping the arm in on that side or chop it again while maintaining your grip on their other wrist (e.g. if there is a wall or obstruction to your left, you would be turning to your right)



Thrust your hips up simultaneously in the same direction as the arm you are chopping



Continue to roll to that same side and...



...up onto your knees



Strike your attacker's throat or groin with punch, knife hand or ridge hand (*opposite angle is shown for clarification*)



Finish as you see fit (stomp groin, kick to face, etc.)



Escape quickly!



b. On Your Stomach (*unless your attacker is VERY heavy, this should work!*)
Use your best attempt to **DISTRACT** your attacker (*scream, thrash, etc.*)



Pull your knees up under your body



Thrust your hips up and forward...



...and your assailant will be thrown forward and off of you



Immediately get up and keeping your eyes on your attacker...



...finish as you see fit (e.g. *knife hand strike to their throat*) and escape quickly!



Standing Attacker

Use your best attempt to DISTRACT your attacker.



Roll onto your side and kick the attacker's leg that is closest to you.



After kicking, hook your foot behind their ankle and pull it towards you as you use your other leg to push into attacker's knee...



...hyper-extending it and causing them to fall down



Turn onto your side and finish as you see fit such as with a kick to your attacker's groin. Escape as quickly as possible!



Part 4: Multiple Attackers and Understanding Bullies

Those traveling in groups and harassing others in varying degrees are in many cases acting out as bullies. In order to understand and deal with multiple attackers, it helps if you understand bullies. Most people at some stage of their lives will become the victim of bullying. People may think that this only occurs at school as kids, however a lot of bullying also occurs in the workplace and even by your local friends and neighbors.

Simply put, bullying is one form of harassment which is inflicted by an abuser of greater physical and/or social power and dominance than the victim. Bullying is often done with clear intentions of harming the target through different means. These means may include: verbal harassment, physical assault, emotional blackmail, or other more subtle methods of coercion such as manipulation of the victim.

Bullies are often characterized as having authoritarian personalities. They also feel a strong need to control or dominate anything, be it a weaker person, a stronger person, or a situation. They have also been noted to display deficiency in terms of social skills and possess a prejudice against subordinates. Studies have shown that most bullies have envy and resentment as motives for bullying. Researchers have identified other risk factors such as quickness to anger, use of force, addiction to aggressive behaviors, mistaking another person's actions as hostile, concern with preserving the self image, and engaging in obsessive or rigid actions.

Bullying exists in varied settings of social interaction including schools, workplaces, inside the home, and around the neighborhood. This may even occur between different social groups, social classes and even between countries. *Like any kind of abusive behavior, bullying is a repetitive act done to gain power or control over another person, race, or country.*

Bullying is generally classified into 2 types:

Direct bullying. The bully displays physical aggression in the form of shoving and poking, throwing things, slapping, choking, punching, kicking and beating.

Indirect bullying. Also called social aggression, the victim is forced into social isolation. This is usually done by badmouthing the victim, spreading false rumors about the victim, refusing to socialize with the victim, name calling, mocking the victim, forcing other people to avoid socializing with the victim and other forms of manipulation.

But why do bullies act this way? There are studies that have shown some bullies do it to be thought of as popular or tough, or sometimes just to get attention. Bullies are said to also do it out of jealousy or they may simply be acting out because they were bullied earlier in their own lives. Some bullies come from abusive families and neighborhoods. Whatever the cause, it is never fun when facing a bully or group of bullies.

Being submitted to bullying often may contribute to developing an inferiority complex, which is a feeling of being inferior to others in one way or another. Constantly being mocked or criticized in a negative way by bullies may force a person to start believing those lies and lose faith in themselves. Victims may also be more prone to developing stress-related mental conditions such as anxiety and depression from frequent bullying.

Victims should know that they're not the problem, the bullies are. Victims should not start second-guessing themselves just because bullies tell them they're no good.

Being different shouldn't rob you of your right to security. Don't be ashamed of your differences. It's not your fault you are unique – we all are! A good way to avoid being bullied is to go out with a group, making it difficult for bullies to single you out. If this doesn't work, it would help to tell someone you trust that someone is bullying you. Having someone mediate for you does not make you a coward. Remember, *keeping yourself safe should matter more than what others think*.

Boosting your confidence and self-esteem can do wonders for warding off bullies. If a bully senses any fear or nervousness on the part of the victim, they will be quick to pounce! However, if you exude confidence and show that you are unaffected by someone who is attempting to bully you, chances are they will move onto another less confident victim who will make an easier target for them. *Most bullies do not like conflict and will try to avoid it at all possible because it represents a challenge to their ability to bully!*

With regard to facing multiple attackers (or bullies), there are three essential rules:

1. Remember, most of those in the group probably are followers who lack confidence. Take one of them out first and quick, and watch the rest hesitate or scatter.
2. During the confrontation, you only want to face a single attacker at one time. If you get caught between two or more attackers you can be surprised or “sucker punched”. Try to determine the leader of the group or who appears to be the most immediate threat and deal with them first.
3. Always keep one attacker between you and the other attackers! This will allow you to only face a single attacker at one time, enabling you to dispense with them one at a time if necessary.

If you follow these rules, you stand a much better chance of surviving the attack since you are putting yourself in a position to only have to deal with one attacker at a time. *This is the secret to surviving an attack by multiple assailants*. Of course, there is no guarantee that you will survive the encounter, but it will at least give you a fighting chance, and that what this book is all about.

Self-Defense Items for Everyday Carry

Not all of us have the luxury of years or decades of martial arts, military or self-defense training to fall back on in case we find ourselves in a position where we need to defend ourselves. The best thing you can do is to learn a few key moves and understand the concepts that are presented in this book to give yourself a fighting chance.

However, even after studying and practicing various self-defense techniques, you still may not feel confident in your ability to defend yourself or your family. That's OK, because there are alternatives to unarmed self-defense and hand-to-hand combat that you can use to increase your chances of surviving a deadly encounter. The next best thing is to even the odds with some items that you should carry with you. You don't need to carry all of these items all the time, but you could carry at least one or two of them with you at *all* times. These include:

Pepper Spray – Easy to carry (on a key chain) and good against one or multiple attackers. Pepper spray is considered legal in all 50 states, but cannot legally be shipped to certain states. It is restricted to some extent just about everywhere in terms of how strong it can be. Pepper spray can not only cause temporary blindness, but pain, problems breathing, and panic to the person getting sprayed. Test spray it once every few months to make sure it is in good working order. Check your local state and local ordinances with regard to the use and strength of pepper spray where you live, work, vacation, etc. Note that it cannot be taken on a plane!



Kubotan key chain – excellent all-around weapon that can be used for lethal and non-lethal use depending upon the target. A strike to your attacker's solar plexus will hurt but not kill whereas a pinpoint strike to their temple just might. Other targets to hit include the nose, side of neck, throat, and eyes. Use with discretion and caution! Kubotans are widely available, and come in several styles including some that double as a pen. They can also be used on a keychain. Here are two examples:



Pocket Folding Knife – You need a quality knife; not some cheap \$5 or \$10 blade but a good quality liner-lock style for maximum strength. Most people are not comfortable with carrying a longer full-tang blade knife simply due to their larger size, but that would be the optimum choice. My personal everyday carry knife is the Mirage from *Colombia River Knife and Tool* and is pictured below. *CRKT* makes great, durable, and reasonably priced knives, and no, I am not getting paid to write that! I've had the same knife for at least 10 years and it is still going strong! That is the difference that a good quality knife will make.

A small neck knife that is full-tang and there when you need it is another option. The Magnum Lil' Friend from Boker features a 2" blade and is only 4.5" long overall. These are just two options; there are thousands to choose from. Note that these images are not to scale; the Magnum is roughly half the size of the Mirage which has a 2.75" blade and 7" when open; 4" when closed.



CRKT Mirage



Boker Magnum

Tactical / Defensive Flashlights – Just like a quality knife is indispensable, so is a quality flashlight. Shopping can be a confusing and frustrating experience since there are so many options out there. Simplify your choices by deciding among the major types of flashlight such as LED, tactical, rechargeable, etc. Then drill down into the details such as size, lumen intensity, hi/low/strobe, belt clip, battery life and other

features. Make a list of the features you want before shopping. The following are two examples of quality flashlights.



E2D LED Defender



Pelican L4

Firearms – to even try to cover the topic of defensive firearms would take another book. However, there are a few things to keep in mind if you are going to be using a firearm for self-defense.

First, is it for home defense or for everyday carry when you are out and about? If you are lucky enough to live in a state where you can get a concealed carry permit, a decision you have to make is whether or not you are comfortable carrying and handling a firearm. With the proper training, it's the ultimate self-defense weapon, but it's not for everyone.

If this is an option for you, then you next need to decide on when and where it will be carried. Will you using it to go back and forth to work every day or every time you are out of your home? Do you need a small, basic pistol like a .22 or .25 caliber to have "just-in-case", or are you looking at a more serious firearm such as a compact .380 or 9mm? The number of options in guns can also get overwhelming very quickly for someone who is inexperienced and not very knowledgeable about them.

My first recommendation would be to talk to others who already own and perhaps carry a gun and have experience with various calibers of firearms. This includes friends as well as gun dealers. They will be able to give you great insight into the size and make of firearm you should consider as well as the types of holsters and carry options available to you.

For example, do you want to carry it on your side in a paddle holster? How about an ankle rig? Maybe a purse designed to allow easy access to a firearm hidden away inside? What about a belly band or perhaps a shoulder holster under your suit jacket?

There are a lot of ways to carry a gun, depending upon the season, clothing and firearm you are planning to carry for starters.

I would also recommend that you do plenty of research before committing to a certain gun. You want to make the right decision the first time if at all possible. If you live in a concealed carry friendly state such as Pennsylvania or Florida, it is easy and legal to carry a concealed gun with a valid concealed carry permit.

Having a variety of holsters for your gun ensure that you can have it with you no matter if it's summer or winter – pants or shorts. If you live in a neighboring state such as New York or New Jersey, forget it. They won't even issue carry permits to retired cops! Note that these are not to scale.



Sig Sauer P290 Sub-Compact 9mm with Laser



Colt .380 Mustang Pocketlite

Chapter 9:

Prevention & Post-Altercation

Part 1: Prevention

Throughout our lives most humans try to avoid conflict. We reason, make excuses, lie, blame...we will do almost anything in an effort to avoid conflict. However, there are times when nothing we do works, and conflict erupts around us or to us.

As previously stated, the number one most important thing you can do to prevent becoming a victim of a physical confrontation is awareness of your surroundings – people, places and things. Simply having the foresight to be able to detect a potential conflict with a certain person or due to a certain situation or position can go a long way toward avoiding a problem. Be cognizant of your most accessible escape route wherever you may be – home, work, movies, mall, etc. Make it a habit to notice emergency exits and alternate ways of leaving an area, especially when you are entering an unfamiliar area or building.

Being armed with awareness, preparation and training can go a long way to securing your survival when things just aren't working out the way you had hoped. When this point of no return happens, it is your duty to spring into action and let your training take over. *If you think about it too long, your chances of success shrink dramatically.*

Part 2: Post-Altercation

Immediately after an altercation we may find ourselves alive, but wounded along with anyone else we may be with. Assess the extent of your injuries and the injuries of anyone else before proceeding. Stem hemorrhaging of major wounds with pressure and any available clean clothing such as a t-shirt, scarf, socks, etc. *Minor cuts and bruises should not take any of your attention in the critical seconds and minutes immediately following an altercation that causes injury.* Stabilize any suspected broken bones, but do NOT move any victim with a head or neck injury since moving them may make the injury worse.

Call 9-1-1 immediately after stabilizing the injured if any exist and be prepared to report your position. If you are in an unfamiliar area, look for street signs or major landmarks that may assist emergency personnel in finding you as soon as possible. If you have not already eliminated the threat, try to immobilize them by tying them up. Use belts, suspenders, shoelaces, etc. to secure your attacker(s) until help arrives. Counseling may be needed or required after a violent encounter – especially for children. Seek grief counseling if anyone was critically wounded or killed. If someone was lost, honor their memory by remembering their life, not their death.

Part 3: Living in the aftermath

The hours, days, weeks, months and even years after a violent encounter often times changes people's lives forever. The innocence that was felt prior to a life-altering event is gone, many times replaced with a harder, colder view of life in general. It is important to remember that you survived, even if others did not. There may be a reason for that to have happened to you or there may not. Don't even put thoughts out there such as "why them, not me?" or "it should have been me, not them" or "they didn't deserve it" etc.

There is often no reason for random violence – it could be induced by personal tragedy, drugs, desperation, hunger, etc. Human beings are normally social animals – we usually get along. However, there are also those who shun society or who have a difficult time adjusting to it, such as a newly released criminal from jail.

All we can do is "keep on keeping on" the best we can, and honor the memories of those we have lost in ways that would make them proud of us with the time we have left in our own lives.

Chapter 10:

Bonus Information

The 5 Steps To Survive

1. Commit – make up your mind and GO!
 2. Distract – noise & commotion; kick, scream, yell!
 3. Escape / Defend – use your chosen technique and execute it!
 4. Attack, Attack, Attack! Do NOT let up until the threat is neutralized!
 5. Run - get away from the situation as fast as possible & call for help!
-

Your Secret Strengths

Balance – Keep yours and disrupt theirs

Distraction – Scream, Yell, Hit, get wild / primal, invoke surprise

Muscle Action/Reaction – remember that a certain strike will cause a certain response

Use Large, Natural Motions - you cannot rely on fine motor skills when under duress; adrenaline is pumping & you get tunnel vision, lose a certain amount of dexterity, etc. *Keep movements simple.*

The 4 Types of Attacker

Type I. Annoying – this person is not attempting physical harm, at least at first. *Keen awareness and confidence* on your part should allow you to remove yourself from the situation without confrontation.

Type II. Abusive – this person may be getting physical by pushing or grabbing. *It is imperative at this stage to assert yourself, either verbally or with a physical response* that clearly communicates your ability to your assailant. You may even need to inflict pain, and perhaps more to end the threat before it escalates.

Type III. Violent – the first type of violent attacker does not have deadly intent. They are primarily concerned with getting you to submit, but they will have no qualms about getting physical by hitting or grabbing you. *This threat must be dealt with swiftly and harshly.* First, you must distract and weaken your assailant, then follow up with your response when they are off-balance. *Do not stop until the threat is neutralized.*

Type IV. Deadly – this attacker has deadly intent, and is most likely a street thug who is used to violence and will not think twice about causing harm or death to you. They are most likely bigger than you, there may be more than one of them, and they may be armed with some sort of weapon such as a club, knife or gun. One of the most dangerous types of deadly attacks may come from someone who is high on drugs or alcohol, or perhaps mentally unstable or off their medication. In any case, you are dealing with one or more assailants who are incapable of reasoning or good judgment. Your goal is to survive these confrontations by any means necessary. *There are no rules; it is you against them - you must use whatever force is necessary to stop or neutralize the threat.*

Miscellaneous Points to remember

Your legs are longer and stronger than your arms. Use them!

Your shoes with heels are weapons, both on your feet and in your hand. Use them!

Consider carrying some sort of personal defense item with you as described in the section on *Self-Defense Items for Everyday Carry*. Items such as pepper spray or a kubotan are excellent choices and allow you to even your odds of survival. Get comfortable carrying these items with you at all times and make sure they are always within easy reach.

It takes very little strength to cause major damage IF you use the right attack against the right target. Familiarize yourself with the targets and pressure points in the charts.

There is no such thing as a “fair fight” when you are fighting for your life to survive.

Biting, scratching, clawing, spitting, eye gouging, throat punches, kicks to the groin, are all valid responses to a deadly attack.

Self-Defense Tips for Women

The following information can help any woman increase their chances of survival. Much of this information has been taken from studies as well as by surveying inmates in prison to help determine how they go about choosing their victim.

Ladies, just one tip from this section could save your life!

Statistics show that one in every four women in America will be sexually assaulted in her lifetime. Every 15 seconds a woman is beaten by her boyfriend or husband. In the USA, every two minutes a woman is raped, and 78% of those were assaulted by someone they knew. Incredibly, a survey revealed that 50% of Canadian women have experienced an incident of sexual assault or physical violence in their lives. In Australia, 19% of women aged 18 to 24 experienced an act of violence during the past year. These are SHOCKING statistics!

For almost 20 years I have been teaching martial arts as well as specialized self-defense classes for women and other groups. During that time I have taught many women how to protect and look after themselves. Since most women fear attacks of a sexual nature more than anything else, most of the following tips are geared towards that. If you are a woman, the following is a list of things that will increase your safety. *Remember that violence is chaotic and is not a game.* There is no "tapping out" like in a training or sport environment.

1. Do not wear clothing that is too revealing in public places. Doing so will ensure that you attract plenty of attention from everyone – good and bad. Be discrete and leave provocative wear to those times when you can enjoy the intimacy of your partner or in a controlled private environment.
2. Trust your instincts. Women are very intuitive. If you think a situation might be dangerous then it probably is. That feeling you are getting should be trusted rather than ignored.
3. Rape and other sexual assault is always a risk. If you find yourself under assault, use the techniques in this book and your body's natural weapons such as your fingernails to gouge your attacker's face and arms. It will mark them for identification and you will have DNA under your nails for investigators.
4. Drive your vehicle in a courteous manner. Nobody appreciates rude hand signs, laying on the horn, etc. Remember that you will eventually have to stop, even if it is to refuel. You may be followed for many miles by someone that wants to "teach you a lesson" because you made yourself a target to them.
5. Drinking excessive amounts of alcohol, taking mind altering drugs and leaving ANY food or drink unattended is a recipe for disaster. Be smart with your alcohol intake, and never leave your food or drink unattended where it may be tampered with without your knowledge.
6. NEVER pick up hitch-hikers and ABSOLUTELY NEVER hitch-hike yourself.
7. If you live alone, it is a good idea to make sure that all your mail is addressed to you by just your first initial followed by your surname. Never allow mail to be addressed to you with salutations like Miss, Mrs, Ms. or with your first name. Letters and parcels pass many eyes before they get to you. Make them nondescript as to your sex and marital status. Why allow anybody even one extra shred of information about you?

8. NEVER walk alone at night or at any time in isolated areas. Predators love these - avoid them.

9. Many forced sexual acts are committed by people who the victims knew or at least, thought they knew! Be friendly and polite by all means but be aware of tell-tale signs of "strange" behavior. Be firm about any unwanted attention, particularly in the work place.

10. Sexual attack is usually preceded by some visual sign, which is usually preceded by some verbal approach before the physical action. Recognize the sequence: the look - the talk - the attack.

11. Your elbow is the strongest point on your body – if you are close enough to use it, do!

12. If you are a victim of a robbery, and the robber asks you for your wallet or purse, do not hand it to them! Instead, throw it away from you and chances are they are more interested in it than you. When they go for it, run away as fast as possible in the opposite direction! Kick off your heels to run faster!

13. If you are ever kidnapped or captured and thrown in the trunk of a car, kick out the tail lights and stick your arm out the hole! The driver will not see you, but everybody else will.

14. As soon as you get into your car, lock the doors and drive away. Do not make a call, send a text, eat a snack, write a list, etc. Chances are that if a predator has been watching you, they will attempt to get into your car after you open it to get in and before you drive away.

15. Before getting in your car, look around you and also look into your car including the passenger side floor and the back seats to make sure no one is there. Also look at the vehicles parked next to you on all sides and notice if there is anyone sitting alone in a vehicle parked next to yours. If so, you may want to walk back the way you came and have someone walk you to your vehicle. Better safe than sorry!

16. If you get into your car and there is already someone in it, do not drive away if you are instructed to do so! Instead, drive into anything and although you may wreck your car, your air bag will save you but chances are not your attacker. If they are in the back seat, it will be even worse for them. Immediately get out of the car and run!

17. If you are parked next to a van that is on the driver's side of your car, get in the passenger side! Most serial killers attack their victims by pulling them into a van while the women are trying to get into their cars. Stay safe and fool your would-be kidnapper!

18. Always take the elevator instead of the stairs – staircases are perfect places to be caught alone and a perfect crime spot.

19. If your attacker has a gun and you are not under their control, RUN away in a zig-zag pattern. Statistics show that they will only have about a 4% chance of hitting you, and even if they do, the chances of hitting a vital organ are even smaller.

20. Women tend to be more sympathetic than men – don't be! It may get you raped or killed! Serial killers can be well-educated, good-looking and able to play on the sympathies of unsuspecting women such as walking with a limp or using a cane, asking for help, etc.

21. If you hear strange or unusual sounds coming from your front door of your home, do NOT open the door! There have been reports of a crying baby, a woman asking for help, etc. Call for help if you believe there to be a real problem. Do NOT get tricked into opening a locked door! There were reports several years ago of a serial killer that

used the recorded sound of a baby crying to get people to open their door, thinking a baby was outside needing help. This was reported by multiple, single women and was even reported during an episode of *America's Most Wanted*. Don't think it cannot happen to you - it can.

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim - here are some interesting facts:

1. The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. *Women with short hair are not common targets.*
2. The second thing men look for is clothing. They will look for women with clothing that is easy to remove quickly. Many rapists carry scissors or knives specifically to cut clothing.
3. They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.
4. Men are most likely to attack & rape in the early morning, between 5:00am and 8:30am.
5. The number one place women are abducted from/attacked is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms.
- . The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.
7. Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is a 15-20 year sentence.
8. If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.
9. These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, *in their hands*. Keys are *not* a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.
10. Several defense mechanisms are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like "What time is it?" or make general small talk: "I can't believe it is so cold out here", or "We're in for a bad winter." Now that you've seen their face and could identify them in a line-up; you lose appeal to them as a target.
11. If someone is coming toward you, hold out your hands in front of you and yell "STOP!" or "STAY BACK!" Most rapists said they'd leave a woman alone if she yelled

or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

12. If you carry pepper spray (*a VERY good idea*), yell "I HAVE PEPPER SPRAY" and hold it out as a deterrent.

13. If someone grabs you, you may not be able to beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either *under* the arm (*between the elbow and armpit*) OR in the upper *inner* thigh - VERY VERY HARD. Try pinching yourself in those places as hard as you can stand it; it hurts!

14. After the initial hit, always go for the GROIN. If you slap or punch a guy's private parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists said is that they want a woman who will not cause a lot of trouble. Start causing trouble, and he's out of there. You can also drop to the ground and grab the man around his leg by wrapping your arms around his leg - he can not walk or get you off of him as you scream. Try this with your husband or boyfriend to see how well it works.

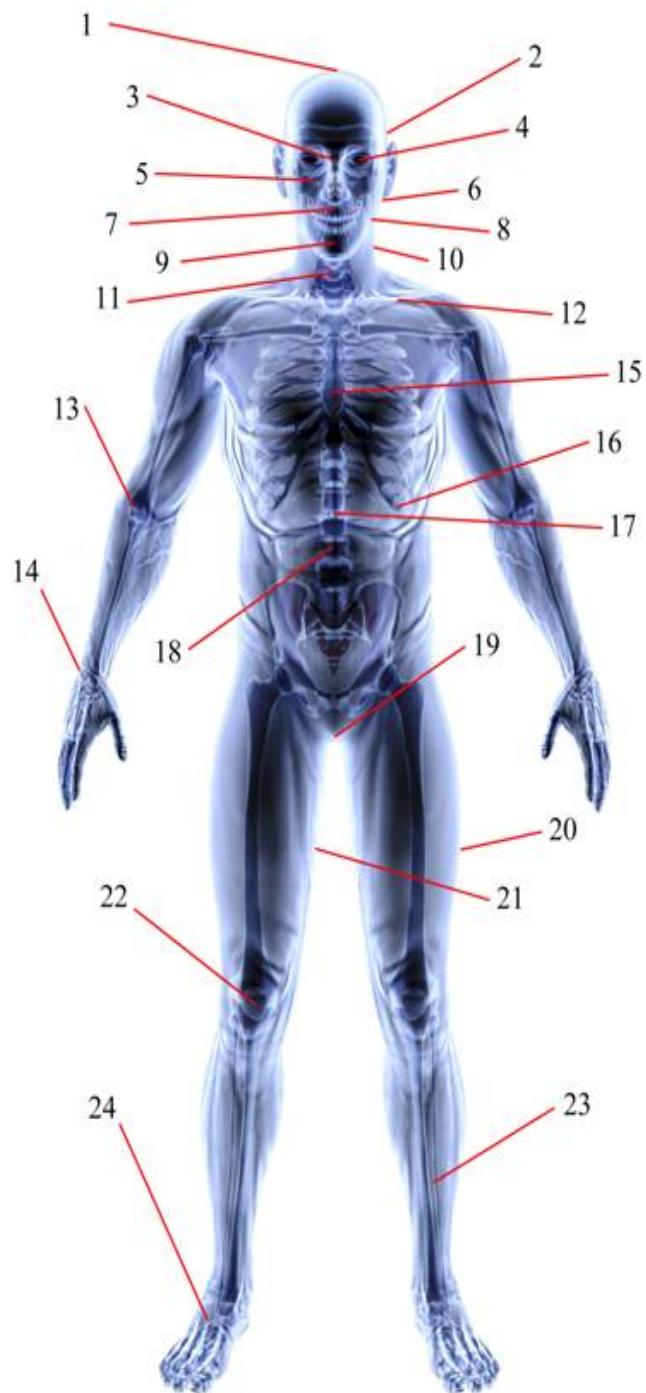
15. When the guy puts his hands up to you, grab his first two fingers and bend them back as far as you can with as much pressure pushing down on them as possible.

16. Of course, other things we hear still apply. Always be aware of your surroundings, take someone with you if you can, and if you see any odd behavior, don't dismiss it, go with your instincts! You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

Appendix A:

Anatomical Body Chart – Target Areas of the Body - Front

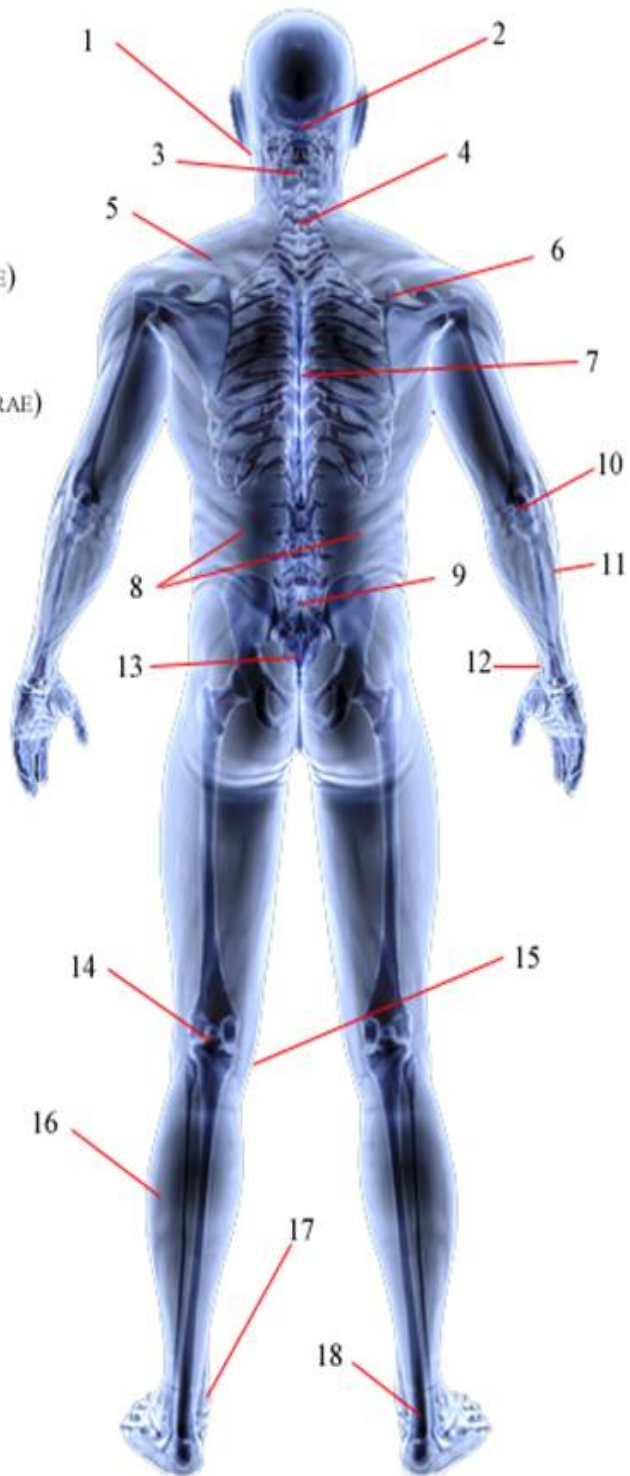
1. CREST OF HEAD
2. TEMPLE
3. BRIDGE OF NOSE
4. EYES
5. CHEEKBONES
6. EARS (INTERNAL JUGULAR VEIN)
7. MOUTH
8. JAW
9. CHIN
10. NECK (JUGULAR & CAROTID)
11. THROAT
12. CLAVICLE
13. ELBOW
14. WRIST
15. STERNUM
16. RIBS (FLOATING RIB)
17. SOLAR PLEXUS
18. STOMACH
19. GROIN
20. OUTER THIGH
21. INNER THIGH
22. KNEE
23. SHIN
24. INSTEP



Appendix A - Continued:

Anatomical Body Chart – Target Areas of the Body - Rear

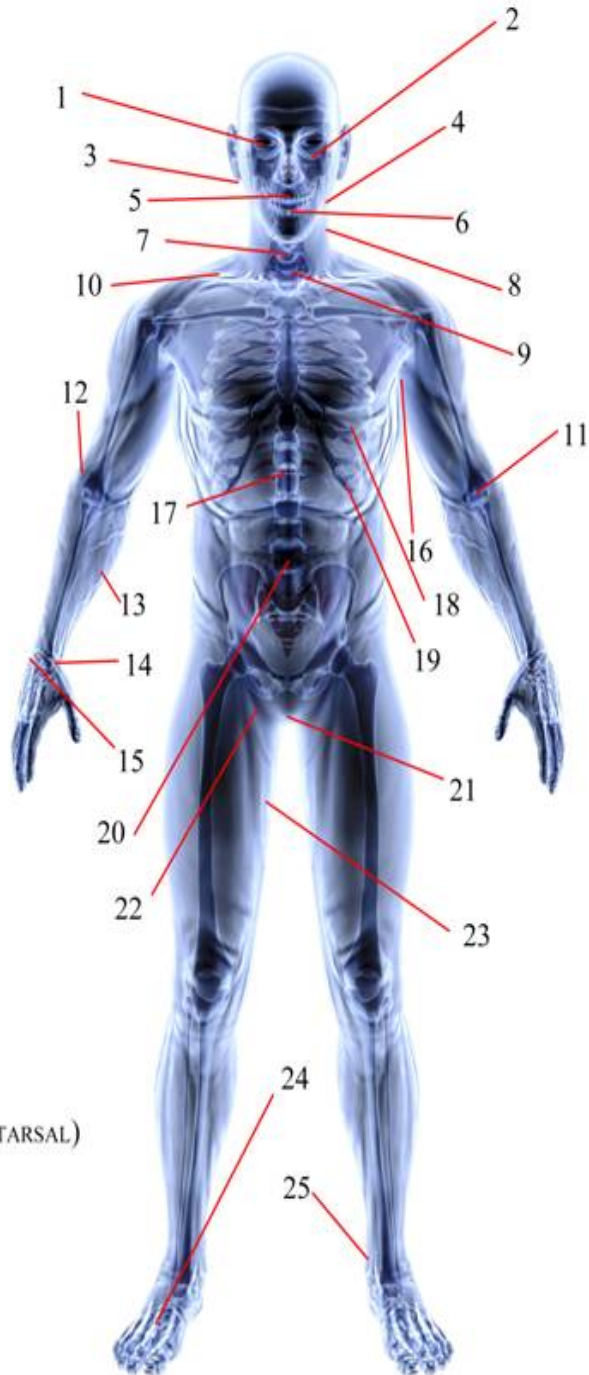
1. BEHIND EAR (BEHIND EARLOBE)
2. BACK OF HEAD (OCCIPITAL LOBE)
3. ATLAS (BASE OF SKULL)
4. BACK OF NECK (7TH CERVICAL VERTEBRAE)
5. SUPRASCAPULAR NERVE
6. SHOULDER (TIP OF SHOULDER BLADE)
7. CENTER OF BACK (4TH THORACIC VERTEBRAE)
8. KIDNEYS
9. SPINE / SACRUM
10. ELBOW JOINT
11. FOREARM
12. INSIDE OF WRIST
13. TAIL BONE (COCCYX)
14. BACK OF KNEE
15. INSIDE OF KNEE
16. CALF MUSCLE
17. INSIDE OF ANKLE
18. ACHILLES TENDON



Appendix B:

Pressure Point Chart – Front of Body

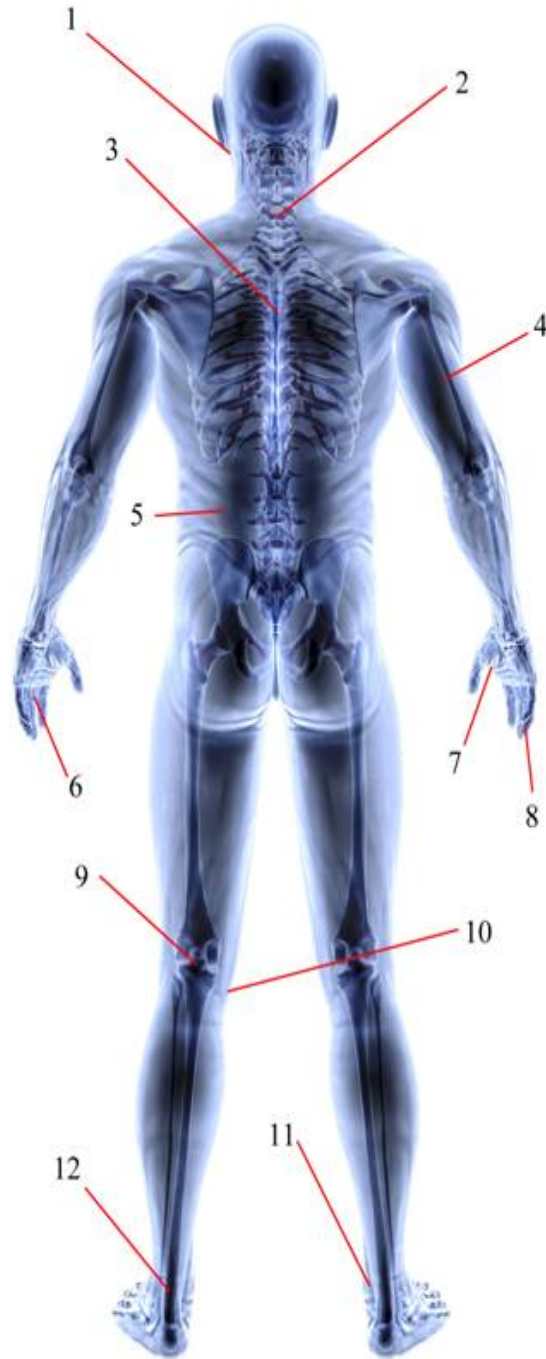
1. EYES
2. UNDER CHEEKBONES
3. EARS
4. JAW (MANDIBULAR NERVE)
5. UPPER LIP (PHILTRUM)
6. GUM LINE (MANDIBLE)
7. PHARYNX (ADAM'S APPLE)
8. NECK (JUGULAR AND CAROTID)
9. THROAT (SUPRESTERNAL FOSSA)
10. BEHIND COLLARBONE
11. INNER ELBOW (RADIAL NERVE)
12. OUTER ELBOW (ULNAR NERVE)
13. FOREARM
14. INNER WRIST (RADIAL NERVE)
15. OUTER WRIST (ULNAR NERVE)
16. ARMPIT (AXILLA)
17. SOLAR PLEXUS (XIPHOID PROCESS)
18. RIBS (7TH INTERCOSTAL SPACE)
19. FLOATING RIB (11TH RIB)
20. BELLY (URINARY BLADDER)
21. TESTES
22. INGUINAL CREASE (INNER GROIN)
23. INSIDE OF THIGH
24. INSTEP (BETWEEN 2ND AND 3RD METATARSAL)
25. INNER ANKLE (RIGHT ABOVE BONE)



Appendix B - Continued:

Pressure Point Chart – Back of Body

1. BEHIND THE EARS (MASTOID PROCESS)
2. BACK OF NECK (TRAPEZIUS MUSCLE)
3. HEART (1ST - 4TH THORACIC VERTEBRAE)
4. TRICEPS
5. KIDNEYS (3RD-5TH LUMBAR VERTEBRAE)
6. WEB BETWEEN FINGERS
7. WEB BETWEEN THUMB AND INDEX FINGER
8. FINGERS
9. BACK OF KNEE
10. INSIDE OF KNEE
11. INSIDE OF ANKLE
12. BACK OF ANKLE (ACHILLES TENDON)



Appendix C: Anti-Burglary Tips

1. The most common entry point is the front door or garage. Lock all doors and windows all the time when you are or are not home, and ensure they are installed properly. Consider reinforcing your doors – metal are best; solid core wood are next. Install peepholes and use deadbolts for added security.
2. Check identification of anyone attempting to gain entry to your home – criminals could pose as utility workers, delivery drivers, etc. in order to gain access. Be aware of impersonators!
3. Outdoor lighting is a deterrent; motion-activated lights are also a good deterrent to burglars.
4. Keep a well-charged cell phone handy at all times to call for help in the event that phone lines are down or cut or if you become trapped in a room without a phone such as a bathroom.
5. Video security systems are an excellent way to keep an eye on your home. Many are extremely affordable (under \$500) and may have multiple, wireless night-vision cameras that can be placed anywhere there is electricity. Many are also accessible over the Internet from anywhere.
6. If you can afford it, security monitoring companies can include door and window sensors, glass break detectors, smoke alarms and video monitoring for a low monthly fee starting at around \$35/mo.
7. Consider getting a dog that is well-suited for protection such as a German Shepard or Doberman. You may also be able to send your existing dog for security training.
8. Make sure your house number is clearly visible from the road so that it is easily identifiable to first responders. Also make sure your children's bedrooms have stickers identifying children are in there.
9. Take a good photo inventory of your valuables including dates on the pictures, and write down any serial numbers or other identifying marks on jewelry. Keep valuables locked up – not sitting on your dresser!
10. If you own a gun, be sure to write down the serial number, caliber, make and model of any firearms you own. Keep them locked up and away from children or anyone else you don't want finding them, but accessible enough that you can get to them in an emergency. Gun safes that use push button codes or fingerprint scanners to open are much better and faster than those requiring a key – just check the batteries often!
11. Refrain from posting information about upcoming trips or vacations on social media sites. Not only do your friends see it, but possibly those you don't want knowing about you leaving home for any length of time. This includes posts about going to see the 8pm movie! If criminals know you aren't going to be home, even for a couple of hours, it is more than enough time to rob you! *Post photos and updates after you return home, not before you go!*
12. Other prudent measures you can take to protect your home while you are away include stopping your mail and newspaper, or at least have a neighbor get them for you until you return. Thieves love seeing a pile of newspapers by your front door...they know that no one is home and it's an invitation to come in.

13. Be aware of happenings in your local town and neighborhood. If there have been any burglaries recently, you should be even more diligent about your safety and security. Talk to your neighbors and look out for each other. If you see someone in your neighbor's back yard and you know that they are away for the weekend, call for help.

Conclusion:

Our World Today

Survival awareness, planning and preparation need to become a part of your daily life. This means knowing what could potentially cause you or your family harm. It could be a crime such as an attempted robbery, rape or kidnapping. It could be a natural disaster that causes otherwise nice neighbors to turn into hungry, desperate looters who try to break into your home and steal your food. If a terrorist attack were to happen nearby, regardless of where you are in the world, it could have disastrous consequences if you are not prepared and ask yourself the right questions *before* you are forced to. Whatever the cause, being prepared ahead of time will give you a significant advantage over those who have no plan.

This informative *Self-Defense Survival Guide* was written in response to a need for a simple, yet comprehensive guide to surviving various physical situations that are becoming increasingly commonplace today, as a result of both man-made and natural disasters. You may find yourself needing to defend yourself, or to come to the aid of a friend or family member in the future; wouldn't it be prudent and responsible for you to have some basic, yet effective knowledge on how to do so?

Since I began studying martial arts and self-defense in the 1990s, I have seen the world around me changing – and not for the better. It seems that many people have simply lost their values and sense of right and wrong. All you need to do is read your local newspaper or watch the latest television news to see what's happening around the world and around the country. Random acts of violence occur daily not only the United States, but all over the globe in dozens of countries. The world is becoming less tolerant and more violent, plus increased financial and economic pressure is making it worse than ever for everyone no matter where they live or visit.

People are more desperate than ever. Crime is on the rise almost everywhere.

Unemployment remains at high, unsustainable levels with millions of US citizens out of work, and many of the jobs that are gone are simply not coming back. Other countries have soaring unemployment as well. College graduates are unable to find jobs in their chosen field of study and are faced with a mountain of college debt (\$1.3 trillion as of Nov 2014) that for the first time in history now exceeds total US consumer credit card debt (\$883 billion as of Nov 2014). (source: <http://www.usdebtclock.org>)

The number of those dependent upon the government in the United States has increased significantly in just the last few years. Currently 1 out of every 7 Americans depends upon the government for some sort of assistance with over 46 million Americans receiving food stamps each month. Our country has a record national debt of over \$18 trillion dollars that can never be paid back. Add in all our unfunded liabilities such as Social Security and Medicare and the amount is over \$132 trillion – enough that every man, woman and child in the US is in debt about \$186,000 as of Nov 2014. Every US taxpayer has a debt liability of over \$1 million! (source: <http://www.usdebtclock.org>)

This is not going to end well. Our money has lost almost all of its value and with every dollar that is printed, the value of the dollars in your pocket, your bank account and your retirement account is reduced. Have you noticed the size of various packages at your local grocery? We are paying the same price, yet are getting smaller packages

with less product inside! This is insidious inflation and currency devaluation that is occurring *right now* with no end in sight to this money fiasco. We are already embroiled in a currency war that we started, and now the rest of the world is playing catch-up. All around the world other countries have ramped up their printing presses – Europe, Japan, China and others.

Another bleak outlook is our food supply which is threatened not only from the environment but also from the politicians and their big business buddies who control them and set the safe standards for consumption. The FDA routinely approves food for consumption in the United States that other countries do not allow. Why? The short answer is simple – money. The long answer is much more complex and well beyond the scope of this book. Just ask yourself this - why are GMO modified foods sold in the US, but are banned in most of Europe as well as Asia, Australia and New Zealand?

We are limited as to what we can do with the seeds in our gardens, how we can collect and use rainwater, what we can and cannot raise on our own property - the restrictions, regulations and taxes go on and on. The global food chain remains precarious; most people have zero knowledge of what it takes to obtain or grow their own food. If they had to fend for themselves, many would perish. Not only that, we are contaminating our Earth and it's oceans with so many toxins that serious threats to our marine life are found all the time. (source:<http://www.noaa.gov>)

This causes the vast majority of people to be entirely dependent upon a system that is so fragile it is only a few days away from breaking down at any given point in time.

Our entire food supply chain in the United States has at any given moment enough food for around 3 months. That's it. What would happen to our ability to transport food and other goods around the country if there were a major disruption in the channel due to either a natural or man-made event? It would quickly come to a grinding halt.

Without food, people get hungry. When people get hungry, they get desperate.

Desperate people will go through great lengths to feed themselves and their family – even doing things they would never have considered before such as committing crimes against not only strangers, but even their friends and neighbors! Think about it – what would you be willing to do in order to feed your starving children? Probably just about anything, wouldn't you? Would it be wrong to steal food to keep your kids alive? Would it be wrong to kill another human being so you could live? These are questions I hope you never have to ask yourself, but what if it came to that? What would you do?

As I write this in late Fall 2014, a much more dangerous problem is beginning to reveal itself to the world at large – and that is the depletion of our fresh water supplies.

In early 2014 according to NOAA (source:<http://www.noaa.gov/>), 17 states located mostly in the west and mid-west are in a drought that is persisting or intensifying, and 10 of those are classified as in a Severe, Extreme or Exceptional Drought. Aquifers are running low and reservoirs are drying up. (source: <http://droughtmonitor.unl.edu>)

We can live for a few weeks without food, but no more than 3 days without water. It is possible that wars of the future will be fought over water and water rights. Water may become the new gold in terms of value; more so when you realize that we can live without gold, but we cannot live without water. Already some are calling water “blue gold” as forward thinking investors buy up water rights around the world. What if countries that we owe money to want us to pay them back with our valuable water and not our worthless dollars? This could present a huge problem for the US as the world

population continues to grow – there are now over 7.1 billion people on this small planet - a LOT more than it can comfortably sustain. A correction is overdue.

(source: <http://www.worldometers.info/world-population/>)

Worldwide population growth has been incredible, with a doubling from 3 billion in 1960 to 6 billion in 2000 – a doubling of the world population in only 40 years! The world population is expected to continue to grow at an alarming rate, with projections showing a world population of as many as 9 billion by 2044, an increase of 50% in just 45 years. Statistics like these are incredible, as published by the World Census Bureau. (<https://www.census.gov/>) Some other projections put the world population as high as 8 billion by 2024, and as high as 11 billion by 2050!

When you address any one of these factors individually you can see how it could affect your well-being and the well-being of those around you. When you take into account that many of these factors are affecting us simultaneously, the end result for many people could be disastrous! You may feel that there is not much you can do, but there is plenty you can do to ensure your ability to survive and even thrive in the coming days and years ahead.

If the world were to descend into increased lawlessness and crime, it will become imperative that you learn how to defend yourself and those people most important to you. This includes your spouse, children, parents, extended family, friends and others close to you. I am a staunch believer that you must be able to take care of yourself and your family in *all* areas to keep them safe and secure in a crazy world that gets zanier by the day.

One of the most prudent steps you can take right away is learning about the natural hazards that exist in your area. Everyone knows about the threat of a flood or fire, but what about hurricanes, tornadoes, winter storms or even economic or societal unrest? What about a train that derails and explodes or leaks deadly chemicals into your area causing an evacuation? What about terrorist attacks including biological, chemical or nuclear? The list goes on and on...

My point is not to incite panic, but rather to simply draw your attention to the fact that there are many, many reasons for needing to know how to physically defend yourself as well as learn other survival skills that could mean the difference between living and dying.

Stay safe!

Acknowledgments

To my wife, Susan who has never wavered in her patience and support of me and my many endeavors. She is the glue that holds our family together and I love her dearly. Thank you!

To my son, Austin thank you for your help in being my adversary in the images that follow and for being my first-born son. It is you who first showed me what being a father really meant.

To my son, Carson for his drive and determination to be the best he can be in his many sports, hobbies and interests. Thank you for helping me push myself to be the best that I can be.

To my son, Pierson for his incredible wit and humor. Thank you for forcing me to stop working and take time out to play and enjoy life with you. You are my youngest and inspire me daily.

To my father, the late Dr. John Peter Canavan - the most intelligent and genuine person I have ever known. You continue to inspire every word that I write, and I wish you were still here to read this. I miss you, Dad.

To my mother, Russetta the Librarian. My love of reading and writing came from you and that is something truly invaluable. Thank you for nurturing my interest in reading and for being a great mom.

To my sisters, Theresa and Dolores for their insights and assistance with my writing this book. Although we live far apart, we remain close. I place great value on our relationship.

To my many friends and colleagues who helped with ideas, concepts and proof-reading this work. I thank you all, for without you, this book would not be the same. You know who you are.

To my friend and consummate professional photographer and videographer, Tom Mooney. Thanks for your expertise and for making me look good!
and of course...

To Master Vincent J. Sperduto to whom I owe my martial arts and self-defense skills. This book would never have come to fruition without your teachings. I value our friendship.

Thank you for purchasing *The Self-Defense Survival Guide!*

As one final gift to you, I am including free access to videos of the various techniques included in this guide. I will be adding and updating information and videos to this website as time goes on, so that you are able to get even more information and techniques than those included in this book.

To gain access, simply sign up for your free membership at

<http://www.LearnSelfDefenseOnline.org> and email me a copy of your purchase receipt to masterpete@htkdi.com. You will be emailed a user name and password to access the site after you register.

The website contains video training, guides, forms and other reference material related to self-defense and urban survival that is worth much more than the cost of this book. There is no value that we can place on human life. We only have one life to live, so it's up to each and every one of us to make the most of it!

It is also our responsibility as parents, teachers and mentors to do all that we can to ensure the successful upbringing of our children and those who we are responsible for. This includes at home, at work and in public.

I hope that you have enjoyed reading and learning from this *Self-Defense Survival Guide*, and that you will refer to it and the website often as you become more familiar and comfortable with the information and techniques described in it.

It is my sincere wish that you never need to put into practice any of the techniques in this guide, but should you find yourself in a situation that requires you to act, do so without hesitation and commit your entire being to the successful outcome of the situation so that you can live to enjoy another day.

The more you practice, the more comfortable you will become with these techniques and the more likely you will be able to execute them properly if you need to.

Look forward to other books in the *Survival Guide Series* coming soon!

Good Luck and Stay Safe!

Master Peter J. Canavan

Senior Master Instructor, *The Hapkido Tae Kwon Do Institute*

President, *North American Hapkido Tae Kwon Do Federation*

Direct Phone: 570-288-3536

Email: masterpete@htkdi.com

Web: <http://www.LearnSelfDefenseOnline.com> / <http://www.htkdi.com> /

<http://www.nahtf.com>

Prepare – Train – Survive